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Resolution: Relatively Brief Exercise Sessions

Practical Fitness With Wayne L. Westcott

This year, I encourage you to make or renew a New Year's Resolution to exercise regularly. However, if you are not a highly-fit exercise enthusiast, I suggest that you schedule relatively brief exercise sessions, two or more days each week. There are several reasons for this recommendation, which I will discuss in this column. Reason one is that (by far) the most frequent reason for not exercising, or for discontinuing an exercise program, is an unmanageable time commitment. Most people have difficulty rearranging an already busy lifestyle to schedule an hour a day of vigorous physical activity. Reason two is that most new exercisers are not yet fit enough to complete an hour of vigorous physical activity. The first day. However, for those

Two students from Quin-

of Vermont in Burlington, Hutchinson.

Amanda Broughton of fall semester.

cy have been named to the

Dean's List at the University

Quincy has been named to

the Plymouth State Univer-

sity. President's List for the

By WAYNE WESTCOTT 30 minutes may be fine, but who relate to these reasons the last 30 minutes may be pretty unpleasant. This is usually tolerated for the first few training sessions, afterwhich, the exercise program is considered more adverse than advantageous. Rather than simply reduce the training session length, the typical response is to do allor-none, and none typically wins out. Reason three is that hour-long exercise sessions may quickly become boring to those who are not particularly fond of regular or repetitive physical activity. Again, rather than simply reduce the training time, the tendency is to replace the exercise program with a more interesting option. For those who (like me) love to exercise, an hour (or more) of physical activity is a highlight of our

for not exercising, I have good news. You can actually achieve relatively high levels of physical fitness (greater muscular strength and greater cardiovascular endurance), as well as impressive body composition improvement (more muscle and less fat) by performing very time-efficient training sessions. Here a just a few examples from our research

Our 2007 study with the U.S. Air Force revealed that three (higher effort) weekly workouts of 20 minutes each, elicited significantly greater improvements in all of the Air Force fitness assessments than five (lower effort) weekly workouts of 50 minutes each. Likewise, our research for the U.S. Navy showed excellent results (body composition, muscle strength, cardiovascular endurance) from three weekly workouts of 20 minutes each.

In case you are trying to interest your children/teens in exercise, our numerous youth fitness studies during the 1990s consistently revealed better results when we limited the strength training sessions to 20 minutes. Longer periods of redevelopment and education sistance exercise appeared

to reduce their focus with respect to both exercise effort and training technique. Our recent series of four

successful weight management studies required only 40 minutes of exercise, two or three days a week (20 minutes of resistance training and 20 minutes of aerobic activity). In addition to excellent results with respect to weight loss, fat loss, and muscle regain, we had unusually high program completion rates (80 to 85%), which we attribute largely to manageable amounts of exercise. One of our research paper reviewers suggested that our participants may have experienced even better results if we had required longer and more frequent training sessions. That may be true, but having people who are restricting food intake do large amounts of physical activity almost always results in muscle loss, metabolic rate reduction, and relatively rapid fat/weight regain. It was reinforcing that most of our 6-month weight loss program participants continued the basic and brief exercise sessions for an additional 6-month weight maintenance program, during which they continued to

lose fat and rebuild muscle.

If you are concerned about muscle loss (sarcopenia) and bone loss (osteopenia), the male and female participants in our 2011 research study increased both their muscle mass and their bone density with essentially the same exercise protocol (20 minutes of resistance training and 20 minutes of aerobic activity, two or three days a week).

As you become better conditioned, you may want to increase your exercise duration. For example, you can do more strength exercises, - more sets of strength exercise, more endurance exercises, or longer periods of endurance exercise. However, if you have limited time for physical activity, you may attain similar (or better) health/ fitness benefits by increasing your exercise intensity. For example, you could increase your strength training weight loads, your walking/ running pace, or your power level_(watts) on the indoor cycle, without lengthening your workout duration.

Likewise, as your physical fitness and exercise appreciation levels increase, you may want to train more frequently. That is fine, and certainly encouraged. However, if you exercise on a daily basis, I recommend following a hard day – easy day protocol, as our bodies



WAYNE WESTCOTT

require at least 48 hours of recovery time between hard training sessions for tissue rebuilding. This is especially true for our muscles after a strength training workout. Two or three (nonconsecutive) strength training sessions a week are highly effective for improving musculoskeletal fitness.

Of course, your exercise intensity, duration, and frequency should be largely determined by your personal preference, and your training program should be designed accordingly. Just keep in mind that, if you are a beginning exerciser, you can significantly enhance your health and fitness by properly performing basic and brief exercise protocols. It is also more likely that you will complete and continue your exercise program if you avoid the resolution temptation to do too much too soon. Note: If you have been unable to reach meby phone, please try both of these numbers as we are changing our college phone system: 617-984-1716 or 617-405-5978. Thank you.

Wayne L. Westcott,

Ph.D., is Chairperson of the Quincy College Exercise Science Department and Director of the College/ Community Fitness Center. He has written 30 books on physical fitness and strength training, as well as strength training chapters for 9 National Personal Trainer Text-

BAYVIEW North Quincy 150 Hancock Street, Quincy, MA 02171

Two Quincy Students

On UVM Dean's List

Amanda Broughton

On PSU President's List

They are:

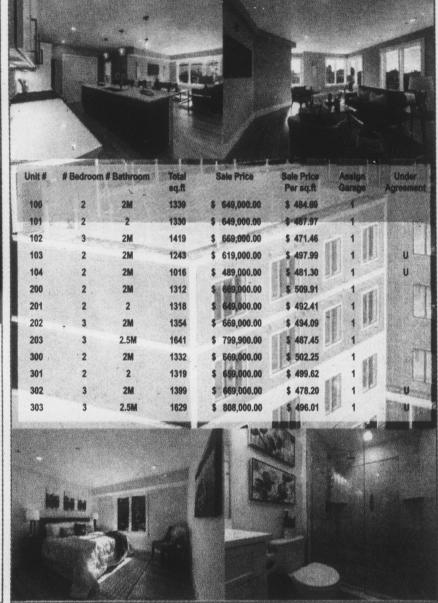
Eni Daci and Madeline

Broughton is a youth

major at Plymouth State.

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Coronavirus Pandemic, Election Topped 2020 Headlines

By SCOTT JACKSON

Many things have happened over the past year, including a contentious presidential election, but one story has topped them all: The coronavirus pandemic.

The world's first CO-VID-19 cases were reported in China late last year and the virus soon spread to other parts of the world, including Europe. The first case in the United States was confirmed in January, Massachusetts recorded its first case in February, and Quincy's first confirmed case was in March. The virus has infected more than 16 million Americans and claimed 300,000 lives.

The pandemic has upended life throughout the United States and much of the world. As the virus spread in the spring, Gov. Charlie Baker ordered schools and non-essential businesses to close. Businesses were able to re-open with new rules in place as spring turned to summer, but new restrictions have been imposed in recent months amid a second surge.

The presidential election began earlier this year as a diverse field of candidates sought the Democratic nomination. Joe Biden emerged as the frontrunner for the nomination after an impressive Super Tuesday - winning ten states, including Massachusetts - and clinched the nomination later on. Biden defeated incumbent Republican Donald Trump in November. Locally, the election cycle saw two Quincy residents Patrick McDermott and

Michael Bellotti – win races for county sheriff and treasurer, respectively.

Mayor Thomas Koch made history in January when he was sworn-in to a new term, becoming the longest-serving chief executive in Quincy's history. Councillor Nina Liang made history of her own as well, becoming the first Asian-American elected president of the Quincy City Council. As the year went on, the city welcomed a new president of Quincy College, a new superintendent of Quincy Public Schools, and a new chief of the Ouincy Fire Department.

The city also mourned the passing of former mayor Joseph LaRaia and former first lady Sandra McCauley this year.

Here is a month-bymonth look back at the people and events that made 2020 a year that will not be soon forgotten.

JANUARY

Some 30 adults and children participated in the sixth annual Polar Plunge to benefit the Atherton Hough School PTO. The PTO planned to use money raised by the event to purchase an LED sign for outside the school to advertise events and other information.

As he began a historic 13th year in office, Mayor Thomas Koch announced plans to construct a new office building in Quincy Center to provide a home for Quincy College and various municipal departments. The proposed building, up to 15

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CONGRATULATIONS, YOUR HONOR - Former Mayor James Sheets, left, shakes hands with Mayor Thomas Koch before Koch took the oath for his sixth term as the city's mayor at inauguration ceremonies Jan. 6 in the Great Hall of the James R. McIntyre Government Center (old City Hall). Koch became the city's longest serving mayor as he began his 13th year in office surpassing the 12 years that Sheets served under the Plan A form of government from 1990-2001. Former Mayor Amelio Della Chiesa also served 12 years as mayor - eight years under Plan A and four years under Plan E. Koch also served for several years as Sheets's executive secretary.

Quincy Sun Photo/Robert Bosworth

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Moments

THE HISTORY CHANNEL

• On Jan. 12, 1838, after his Mormon bank fails in the Panic of 1837, Joseph Smith flees Kirtland, Ohio, to avoid potential criminal prosecution by angry and disillusioned former believers. Smith claimed the angel Moroni had visited him in 1823 and told him he was destined to become a modern prophet of God.

• On Jan. 13, 1968, in the midst of a plummeting music career, legendary country singer Johnny Cash arrives to play for inmates at California's Folsom Prison. The concert and the subsequent live album launched him back onto the charts.

• On Jan. 15, 1870, the first recorded use of a donkey to represent the Democratic Party appears in Harper's Weekly, drawn by political illustrator Thomas Nast. Four years later, Nash originated the use of an elephant to symbolize the Republican Party in a Harper's Weekly

• On Jan. 16, 1938, Benny Goodman brings jazz to Carnegie Hall, a notion so outlandish at the time that Goodman himself initially laughed off the idea. The uncert at the citadel of American high culture sold out

• On Jan. 14, 1942. President Franklin Roosevelt issues Presidential Proclamation No. 2537, requiring aliens from World War II-enemy countries - Italy, Germany and Japan – to register with the Department of Justice.

On Jan. 17, 1950, 11 men steal more than \$2 million (\$22 million today) from the Brink's Armored Car depot in Boston. It was the perfect crime - almost - as the culprits weren't caught until January 1956, just days before the statute of limitations for the theft expired.

• On Jan. 11, 1973, the owners of America's 24 major league baseball teams vote to allow teams in the American League to use a "designated pinch-hitter" that could bat for the pitcher, while still allowing the pitcher to stay (c) 2020 Hearst Communications, Inc.

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Lucky bamboo "looks" like bamboo but is actually a different kind of plant that is native to Africa.

Asian cultures, however, particularly appreciate this plant, believing that it brings good luck to the person receiving the plant as a gift. The tradition goes that if the lucky bamboo has 3 stems, it will bring one joy; if it has 5 stems, it brings good health; if it has 7 stems, it brings wealth; if it has 8 stems, that person will enjoy a long and prosperous life. - Brenda Weaver

Source: www.nature-and-garden.com



ARTIST RENDERING shows hallway of the DeCristofaro Learning Center in Wollaston. Work on the new special ed learning center is expected to begin next spring and could be completed by the spring of 2023.

2023 Opening Eyed For **DeCristofaro Learning Center**

By SCOTT JACKSON

Work on the DeCristofaro Learning Center in Wollaston is expected to begin next spring and the project could be completed by the spring of 2023.

The city plans to renovate the building at 178 Old Colony Ave., formerly home to Howard Johnson's candy factory, into a new school for special education students, in particular those with autism. The building will be named after longtime superintendent Richard DeCristofaro.

Paul Hines, the city's commissioner of public buildings, and James Mackey of Wessling Architects, the Quincy-based firm designing the new building, provided the School Committee with an update on the project on Dec. 9.

Hines said the city is in the process of hiring an owner's project manager to oversee the renovations to pects to go out to bid for a general contractor by Feb. 1. The bid process would take up to two months and construction could begin later in the spring once the contractor is in place.

"We do anticipate a 22- to 24-month physical construction period. We're hopeful to be able to start late spring or early summer 2021 in that endeavor. That should bring us to spring of 2023," Hines said.

School officials want the building open in the spring of 2023 so parents - including those with children who attend out-of-district special education programs - have the chance to see it before the school year starts, Hines

"We are mindful that the school department would like the building turned over as early as possible, like

in the late spring, to help in showing the facility to parents," he said. "We are mindful of that and that is our target. Our target is not September of 2023. Our target is late spring of 2023."

When the project was first unveiled in October 2019, officials said the building could be ready to open as soon as next year. Earlier this fall, however, Hines told the City Council the project would take longer because global supply chains have been disrupted by the pandemic. The project also includes additional work not originally included in the plans, such as the installation of new bathrooms in each classroom.

Supt. Kevin Mulvey called the plans exciting and said the building would be unique – both in terms of its design and in terms of the student population it will

"Wessling and Mr. Hines the building. The city ex- have done a fantastic job with regard to developing this very unique building," he said.

> Erin Perkins, the assistant superintendent and the district's former special education director, said the goal is to create a program that will allow the students to become independent and active members of the community.

> within their own commu-

nity."

"Our vision was to create an atmosphere that creates personal independence and enables our students to become active members in their community," Perkins said. "Our goal is to provide evidence-based instruction at the learning center designed to address students' communication and social skills, academic abilities and social-emotional needs in a school that is located

The new school will serve students from prekindergarten to grade eight. Students will be assigned to neighborhoods within the school based on grade. The learning neighborhoods would be for students in pre-k, kindergarten through second grade, grades three through five, and sixth through eighth grade.

"The learning neighborhoods were designed to be developmentally appropriate for each grade level," Perkins said.

Each neighborhood will occupy a wing of the building and each will also have its own unique theme, said Mackey, the architect. The five themes chosen for the neighborhoods are story book and rainforest on the first floor, seasons and garden on the second floor, and water world on the top floor. Each neighborhood would have artwork to reflect the chosen theme; that artwork could be created by the district's schoolchildren.

Mackey said the goal is to create a welcoming environment for both students and staff.

"We really wanted to have an environment that will be fun and some place that they will be happy and safe, and it is some place where they really want to go to," he said. "That's not just the kids – that is the staff as

Each neighborhood will have its own classrooms as well as rooms for therapy. There will also be a life skills area - including a full kitchen, workshop space and a washer and dryer - for older students within their neighborhood on the top floor of the building.

"All the different life skills that they need to be independent and also to be able to integrate into work

situations - this is the room where they will be learning that," Mackey said.

"There are other facilities similar to this in some of the other schools that I had the opportunity to tour. It was indicated that this was something that was really going to give a boost, especially to the older kids once they got to the age where they could start taking on this kind of education training."

The building will also include administrative offices for the school's principal and other staff on the first floor along with a pair of conference rooms and a parent resource center; a multipurpose room on the second floor of the building between the two wings; a food service area and cafeteria on the second floor, which can also be used for professional development; and a gym and multipurpose room on the third floor.

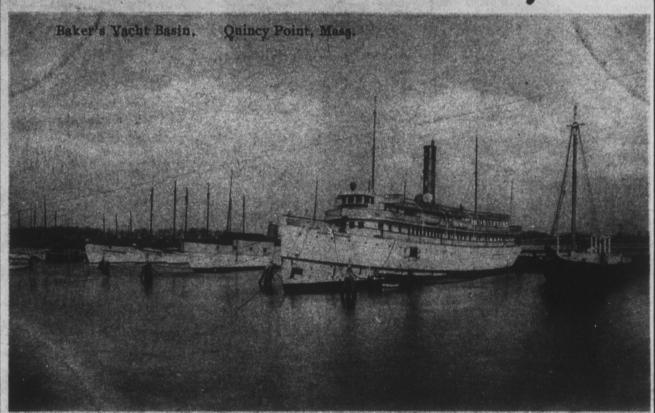
The drop-off and pick-up area for parents will be on Old Colony Avenue, Mackey said. Buses will pick-up and drop-off students on the opposite side of the building in what is now a parking lot accessible on St. Ann's Road. Food service deliveries will be made on the St. Ann's Road side of the building.

A new playground, with a poured-in-place playing surface, will be constructed in the rear of the building in what is now the parking lot off St. Ann's Road. It will include two separate areas - one for older children and one for younger children.

Insulated stucco panels will be placed on the facade of the second floor of the building. Those panels will be painted to reflect the colors and themes of the neighborhoods inside the

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Scenes From Yesterday



THIS IS A 1920s postcard view of the Baker Yacht Basin on the Town River in Quincy Point. This well-protected deepwater anchorage was used to store excursion steamboats during the winter. Lorenzo D. Baker, Jr. had an extensive yacht building and repair business there for many years. His father was a sea captain from Wellfleet on Cape Cod and was well known as one of the founders of the United Fruit Company in Boston. Captain Baker

had bought the land here in Quincy to build a shipping facility for his fleet of freighters that brought bananas from Central America. He had planned to build a railroad from here across Washington Street to connect with the Fore River Railroad for shipping the fruit throughout the northeast. He died before the facility was built.

From the Tom Galvin Postcard Collection



SPREADING HOLIDAY CHEER - Several officers and members of Squadron 294, Sons of the American Legion, Cyril P. Morrisette Post, recently distributed Christmas Cards with gifts to veterans in two Quincy assisted-living facilities. Shown here making a delivery to the John Adams Health Care Center are (from left to right) Finance Officer Guy Ferris, Steve Dunlea, Adjutant Bob LaFleur, Chaplain Don Knight and Acting Commander Joe Brill. A similar drop-off took place at the Hancock Park Assisted Living Residence, 164 Parkingway, Quincy. Courtesy Photo

2023 Opening Eyed For **DeCristofaro** Learning Center

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"We decided to take the color palettes that we used in the inside of the building and we brought that to the outside of the building and we also carried through some of the themes that we have on the inside for the neighborhoods," Mackey

"The children, as they are playing and they look up to the building, they are going to be able to relate

what is on the inside of the building to the outside of the building."

Members of the School Committee gave the design a warm welcome.

"I just wanted to say how exciting this is," said Emily Lebo. "It's really exciting to see it starting to take shape, so thank you very much for the presentation."

"I just want to say how excited I am as this project develops," added Anthony Andronico, the board's vice chairman. "Thank you so

much for joining us and for the presentation tonight."

The City Council in 2019 approved a \$8.5 million bond for the project, including \$6.8 million to buy the building from Eastern Nazarene College and \$1.7 million for design costs and initial work. Councillors in September approved an additional \$14 million bond for the build out of the

City officials have said they expect fewer special education students would

need to attend programs outside the district once the new learning center opens. The city spends up to \$120,000 per student annually to send those students out of district, including tuition and transportation costs.

The city could save \$350,000 annually once the new learning center opens, even after accounting for the costs to staff, operate and maintain the building, by no longer sending those students elsewhere, officials have said.

Quincy's Yesterdays

This Week 1967 53 Years Ago

City Receives \$55,706 **Partial Payment For Civil Defense Center**

The city received \$55,706 from the federal government as partial payment for construction costs of the city's new Civil Defense Emergency Center.

Civil Defense Director John E. Schmock said the amount represents federal reimbursement to the city for approximately 75% of the construction cost.

The center is the entire lower or subsurface level of the city's new public works and office building on Sea St.

During normal working conditions, city departments, such as the water and sewer departments, will be located on the center's level, but during an emergency situation the entire floor would become a coordination center for civil defense and other city officials to direct emergency operations. INAUGURAL RECEPTION OPEN TO RESIDENTS

For the first time in the city's history, all residents of the city have been invited to the Inaugural Reception of the newly elected city officials.

The reception will be from 8-10:30 p.m. at the Sheraton

Mayor James R. McIntyre and the nine city councillors will be sworn into office in ceremonies earlier in the day at

City residents who attend the reception will pass through a receiving line to greet the mayor, city councillors and their wives and then be served coffee.

McINTYRE COMMENDS SNOW REMOVAL PLAN The city's Public Works Department has a new system for combating snow removal problems, such as was presented Saturday. The new method, which involves a city map and route chart showing the location of, and routes to be covered by snow removal equipment, which were used by the city during Saturday's snowstorm. Mayor James R. McIntyre commended Public Works Commissioner John Browne and his crews for their effective work clearing the city's streets.

QUINCYISMS

W. Wesley Woodward, 45, of 10 Mt. Vernon St., West Quincy, was to be installed as monarch of the 47-year old Taleb Grotto, a Masonic-affiliate, January 19 at 8 p.m. at Quincy Masonic Temple. Mr. Woodward will succeed A. Fred Lane of Wollaston... Mr. and Mrs. Pat DiStefano, 38 Payne St., South Quincy, welcomed a daughter born December 22 at Quincy City Hospital... First National Stores in Quincy was offering three 14-1/2 oz. cans of asparagus for 95 cents... The Alamo, Route 18, North Abington, was advertising: "A New Eve's Party, Lobster, Steak or Chicken Dinner, \$15 per couple"... Mrs. Maude Swift, 62 Woodward Ave, Quincy, was honored by her fellow employees at the Weymouth Division of Mass Electric at a retirement dinner. Mrs. Swift was retiring after 33 years of service... The double-feature at the Wollaston Theater, 12 Beale St., included: "Bonnie and Clyde," starring Warren Beatty and Faye Dunaway and "Any Wednesday," with Jane Fonda, Jason Robards and Dean Jones... Fire Chief Edward F. Barry planned to seek an appropriation of \$60,000 to purchase a new 85-foot ladder truck to replace a 22-year old aerial truck at the West Quincy Fire Station... Quincy Ford Company, 85 Quincy Ave, was advertising a 1964 T-Bird Convertible Coupe for \$1,745... Major General Thomas A. Lane, military analyst and critic of the US Policy in Vietnam was scheduled to lecture on current issues at Eastern Nazarene College... Shea Formica, 809 Hancock St., Wollaston, was offering a broad range of Whirlpool Appliances with budget terms and immediate delivery... Harlan L. Paine, Jr., Quincy City Hospital Director, in a speech before the Quincy Kiwanis Club advocated the employment of a consultant to do a "long range development plan for hospital"... Outgoing City Councillor George G. Burke planned to submit a resolution at the council's final meeting of 1967 to do a study for the construction of a new city hall. The proposed study got a cool reception from Mayor James R. McIntyre who said, "There is no need for study since the city does not have the fiscal capacity to support such a project." (Editor's note: Federal funds were made available for the construction of a city hall in 1976. Planning and construction of the new city hall were started in the LaRaia Administration and completed during the Tobin Administration. The new city hall addition was completed and opened in Sept. 1979)... Mr. and Mrs. Robert Downey, 54 Appleton St., North Quincy, celebrated their 25th wedding anniversary at a reception held at the Boston Police VFW Post in Mattapan.

Koch Longest Serving Mayor, Liang First Asian American Council President

Cont'd From Page 3

stories tall, would be located on the site of the Munroe Building near the city hall complex.

"There is no question about the opportunity Quincy College provides, and there is no question about its future potential," Koch said: "A state-of-the-art education facility at the doorstep of the Quincy Center MBTA station and adjacent to this beautiful park space will ensure that potential is captured and the opportunity it creates realized by future generations of students - particularly those from Quincy."

The building would also serve as a replacement for the 1970s glass city hall annex building, which the mayor said would require a considerable amount of work in the upcoming years. Koch said the annex would be razed and a performing arts center could take its place.

During his remarks, Koch also said he would ask the city of Boston to return John Adams' personal library to Quincy. The collection would become the centerpiece of a new presidential library that would be located inside the Adams Academy.

"Let's bring the books home," Koch said.

Following the mayoral inauguration, Councillor Nina Liang was elected president of the City Council by her colleagues. Liang, whose parents immigrated from China, is the first Asian-American elected council president and third woman to hold the position. In her remarks, Liang said she would push for tax relief for residents and the creation of a mobility plan to address traffic in Quincy.

"Over the course of the next two years, we will pursue an aggressive agenda led by the residents of Quincy-led by you," Liang said.



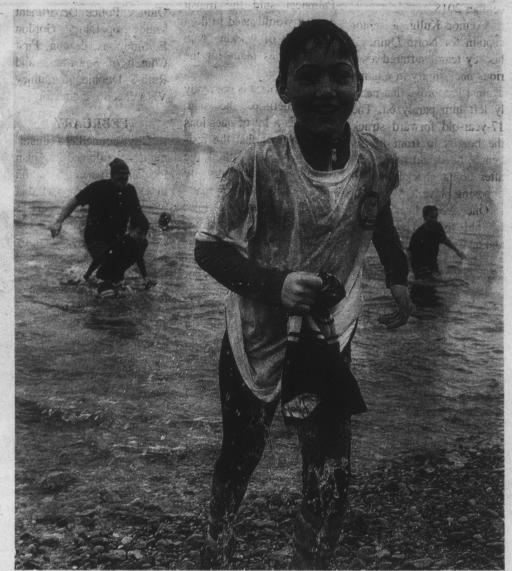
NEW CITY COUNCIL President Nina Liang (left) has a good laugh as outgoing president Ward 2 Councillor Brad Croall passes a ceremonial oversized gavel after Liang was unanimously elected to lead the body by her colleagues at the council's organizational meeting Jan. 6th in the Great Hall of the James R. McIntyre Government Center (old City Hall). Liang is the first Asian American to serve as president of the Quincy City Council.

Quincy Sun Photo/Robert Bosworth

"Our agenda for Quincy is your agenda."

In a separate ceremony two days later, Anthony Andronico was elected vice chairman of the School Committee. Andronico said

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POLAR PLUNGER – Darian Hockney, age 10, is soaked but all smiles after a quick dip behind the Maritime Center and Public Landing as one of the 30 participants in the Houghs Neck Polar Plunge last January. Proceeds from the annual event benefit the Atherton Hough Elementary School PTO. Darian is a fourth grader at the Atherton Hough School and has participated in the Polar Plunge every year since she was in kindergarten. Quincy Sun Photo/Robert Bosworth

From our Family to You and Yours, Best Wishes for a Happy New Year



The McDermott Family
Norfolk County



Sheriff-Elect

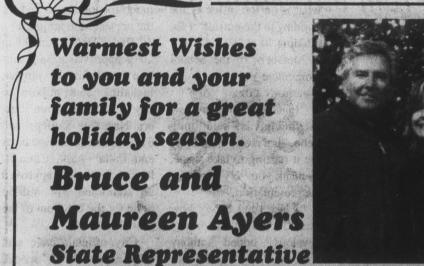
Patrick McDermott

Attorney

Tracy Wilson

Alana and Adam





MBTA Bus Depot Eyed At Former Lowe's Site

Cont'd From Page 6

the school board would work with the community to develop a planned special education learning center, which was set to open in 2021.

"The programs we place here cannot be rushed and require significant input from our special education community," he said. "As a committee, we have a lot of work ahead of us to ensure this facility is everything it can be and properly serves the needs of our special education students and their families."

Fire Chief Jack Cadegan planned to retire at the end of the month. Cadegan first joined the Quincy Fire Department in 1985 and was promoted to chief in December 2018.

Connor Kulig, a senior captain for North Quincy's hockey team, suffered a serious neck injury in a game against Pembroke that nearly left him paralyzed. The 17-year-old forward struck the boards in front of his bench, head and neck first, after being checked by an opposing player.

One week later, Kulig was able to stand by himself and take a few steps.

"He is definitely exceeding expectations at this time," said Kulig's mother, Dawn, "and thankfully has regained mobility and is working on balance and fine motor skills and a lot of the little day-to-day things we take for granted."

Kulig returned home at the end of the month.

Joseph Finn, the keynote speaker at Quincy's annual Martin Luther King, Jr., Breakfast, said there is much work to be done before the slain civil rights leader's dream of ending inequality and injustice can be achieved.

"Which type of memory would Dr. King prefer we use? Would he prefer a kind

of nostalgic memory recalling his achievements, acknowledging his character and celebrating as though he was totally victorious in establishing civil rights in a nation?" Finn said. "Or, might he not prefer the dangerous memory of Dr. King who would remind us that we too ... are in difficult times and we are called to address the racial, economic and social injustice that we encounter in it?"

South Quincy residents gave a lukewarm reception to the MBTA's proposal to build a new bus maintenance facility at the former home of Lowe's on Burgin Parkway, citing concerns such as traffic, noise and the loss of property tax revenue. Ward 4 Councillor Brian Palmucci said the transit agency would need to do a better job of working with neighbors as plans for the site advance.

"The project is not ready for primetime," he said. There is a lot of questions and concerns that the residents have, and I think the MBTA has been historically a difficult community partner to work with. I think you heard that sentiment expressed tonight from neighbors."

The new bus depot would replace one on Hancock Street adjacent to Veterans Memorial Stadium. In an interview with The Sun, Koch said he would be interested in the site and suggested it could be used for a field house that would have, "a versatile type setup that different sports could go in .

John B. Kelly Jr., 82, Norfolk County Sheriff's Department captain; Russell G. Erikson, 97, World War II Distinguished Flying Cross recipient; Carol Evans, Quincy school bus driver; Lorraine M. McAdam, 79,



ONE OF THE most inspiring stories of 2020 was the recovery of North Quincy High School captain Connor Kulig (second from left) who was seriously injured in a hockey game Jan. 8th. Kulig suffered a serious neck injury in a game against Pembroke that nearly left him paralyzed. The 17-year-old forward struck the boards in front of his bench head and neck first after being checked by an opposing player. One week later, Kulig was able to stand by himself and take a few steps. Two weeks after his injury, Connor had regained mobility and continues to make progress. Friends who personally delivered Connor a "Get Well Soon" card are (from left to right) Emma Ford, Ashley Caldwell, Amanda Hellmuth and Peyton McGaffigan.

Courtesy Photo

Quincy Police Department senior operator; Gordon E. Simmons, deacon, First Church of Squantum; and Ruth S. Dobbie, 96, Quincy VNA executive director.

FEBRUARY

City councillors unanimously endorsed a plan for municipal aggregation in Quincy, a proposal that would give consumers a chance to increase their use of electricity generated by renewable resources and potentially save money on electric bills. A state review of the proposal was expected to take up to 11 months to complete, at which point the city could go out to bid to find a new supplier for electricity to replace National Grid.

"This is really about consumer choice," said Ward 3 Councillor Ian Cain, who Deaths during January in 2018 authored a resolution urging city officials to consider the program. "It's about providing options to our residents and hopefully at a better cost at the end of the day."

Councillor Anne Mahoney proposed an ordinance that would require all city job openings be posted online. Of the top ten most populous cities in Massachusetts, Quincy is the only one not to post job openings on its website, she said.

"The city of Quincy has

grown tremendously and it's an opportunity for the city of Quincy to open up transparency for those open positions and to ensure that the most qualified candidates are now able to apply for

opportunities," municipal Mahoney said.

City councillors approved a resolution, introduced by Ward 5 Councillor Charles Phelan Jr., ask-

Cont'd On Page 8

Wishing Everyone a Healthy, Safe & Prosperous New Year



From Councilor-At-Large **Noel DiBona & Family**

Noel, Niamh, Tyler, Aidan & Nora

From our Family to yours!

Wishing you a joyful holiday and a very happy and healthy New Year.



Norfolk County Commissioner Joe Shea and Family

2020 The Year In Review **City Considers**

Acquiring Former Beachcomber Site

Cont'd From Page 7

ing Mayor Thomas Koch to consider acquiring the former Beachcomber site on Quincy Shore Drive to prevent it from being developed. A spokesman for Koch said the mayor would review the proposal.

Two days later, the developer seeking to build a mixed-use building with a restaurant and office space on the Beachcomber withdrew their application to do so. An attorney for the developer said plans would be resubmitted after a state environmental review of the proposal.

Ally McMorrow, a senior captain for the Quincy High School basketball team, scored her 1,000 career point in a game against Hanover. She became the seventh player in school history to reach that milestone.

The School Committee submitted a new statement of interest to start the process of replacing the Squantum School. Koch was optimistic the MSBA would accept the city's application this year.

"I hope this will be the year," he said.

Thirty-five new recruits joined the Quincy Fire Department, the largest class in the department's history.

"Congratulations to you and your families. This is a great day for you guys and you guys are going to do great," said acting fire chief Joseph Jackson. "You guys are going to make a lot of connections that you are going to carry with you, not just in your career, but for the rest of life."

Palmucci introduced a home 87. Among his-works are rule petition that would require developers to pay up to 1 percent of total construction costs into a new Traffic and Parking Rehabilitation and Improvement Fund.

"Development isn't a bad thing. In essence, it is fur-

ther proof that Quincy is a city on the rise, but we owe it to current residents and their children who live here now to make sure they benefit from the development," Palmucci said.

Residents voiced their displeasure with a proposed 75-unit residential development on Harriet Avenue in North Quincy during community meeting and urged city officials to consider buying the property or rezoning it to block the project from going forward. Cain, the Ward 3 Councillor, said he would look into both op-

"I know what the message is here," he said, "and I know what we're going to look forward to doing, which is taking a look into zoning changes as well as proposing we take a look at acquiring this parcel so this project can't move for-

Koch, in an interview, said the School Committee would consider whether it is feasible for all fifth graders to attend elementary schools. Nine of the city's eleven elementary schools presently teach students through the end of fifth grade, while two others, Clifford Marshall and Lincoln-Hancock, do not. Fifth graders in those neighborhoods instead attend Point Webster Middle School and South-West Middle School.

"The superintendent and his team are comfortable that it's not a major issue, but we are going to talk about it in School Committee," the mayor said.

Lloyd Lilly, the famed Ward 4 Councillor Brian sculptor, died at the age of the two Quincy Partnership statues – one of John Adams and one of Abigail Adams and a young John Quincy Adams – that formerly were located in Quincy Center.

"He was a wonderful man to do these projects," Ed Keohane, the chairman



QUINCY SENIOR CAPTAIN Ally McMorrow is all smiles after scoring her 1,000th career point in the Presidents' 70-40 tournament berth clinching win over Hanover Feb. 7 at OHS. McMorrow is the seventh player in school history to score 1,000 points. Here she receives the game ball from head coach

Photo Courtesy Kevin Mahoney/Quincy High School

of the Quincy Partnership, cipal of the Pauline Shaw said of Mr. Lilly. "He overdid himself as far as the quality of the statues and the time he gave to the group."

Keohane said the Partnership had been working with the National Park Service to move the statues to the Adams birthplaces on Franklin Street.

Deaths during February

Donald W. Hansen, 69, Quincy personnel director; Claire McArdle, vice prin-

School in Dorchester; Fred J. Connelly, Blue Hills Regional High School teacher; Linda I. Montillio, 98, A. Monti Granite president; Richard J. Reynolds, 91, Boston firefighter; Antonio V. Marinilli, 58, owner of the Marinilli Company; Joan M. Fales, 98, Quincy Public Schools secretary; Paul D. Luciano, 77, attorney; and Josephine A. Fay, 76, Quincy College profes-

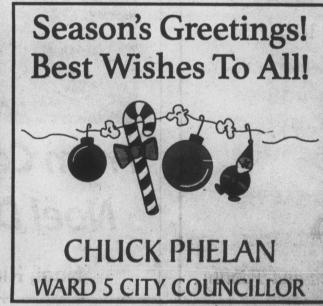


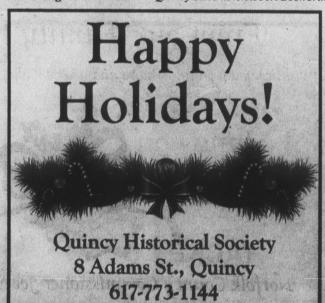
SASHA THE SNOW Princess Stilt Walker made new friends at the City of Quincy's Winterfest in February including Jie Quincy Sun Photo/Robert Bosworth



YOUNGSTERS ENJOY controlling race cars at the mobile video game truck and outdoor raceway at the City of Quincy's Winterfest celebration on the Hancock-Adams Common in February. Winning drivers received medals after each race. The public event was one of the last held before the coronavirus pandemic struck the region in March. Quincy Sun Photo/Robert Bosworth







Biden Wins 10 Primaries, First Case Of COVID-19

Former vice president Joe Biden emerged as the frontrunner for the Democratic nomination for president on Super Tuesday. Biden won primaries in ten states, including Massachusetts, while Sen. Bernie Sanders prevailed in four.

Biden won 33.6 percent of the vote in the Massachusetts and Sanders was second with 26.4 percent. Sen. Elizabeth Warren finished third with 21.4 percent. Biden received 5,848 votes in Quincy, Sanders garnered 5,236 votes, and Warren was third with 2,494. Warren and Michael Bloomberg, the former mayor of New York, would withdraw from the race after Super Tuesday.

School Committee members announced a new policy designed to give teachers more discretion on whether or not to assign homework. The previous policy, which set minimum amounts of homework based on grade level, had drawn criticism from students and parents.

"We wanted to make sure there was more professional discretion," committee member Emily Lebo said.

Granite Telecommunications held its annual Saving by Shaving fundraiser. which raised \$7 million for Boston Children's Hospital. Among those who participated were New Orleans Saints quarterback Drew Brees and retired Red Sox slugger David Ortiz.

Dagny Ashley was appointed the city's new tourism director. She spent the last seven years in a similar position in New Bedford.

City councillors approved Mayor Koch's request to purchase three properties in the vicinity of Broad Street as part of the mayor's proposal to build a new public safety headquarters. Councillors approved acquiring 24 Broad St., 39 Broad St., and 45 Broad St. by eminent domain for up to \$6.7 million.

City officials announced the first case of COVID-19 in Quincy. A woman in her 40s, a Biogen employee, tested positive for the disease and was isolating and The Year In Review

The Quincy

Coronavirus: Pause For Concern

- Impact From Virus Forces School Shutdown For 3 Weeks • All City Buildings, Playgrounds Closed To The Public •
- · Community Meetings, Events, Church Services Cancelled ·
- Quincy Sun Suspending Publication For Two Weeks



OUTBREAK OF THE highly contagious and deadly coronavirus brought the city, region and country to a virtual standstill in mid March closing schools and city buildings as well as cancelling community meetings, events and church services. The Quincy Sun suspended publication for two weeks - the first time in the more than 52-year history of the weekly newspaper. The Sun returned to print circulation in early April with the April 9th issue including news that would have appeared in the March 26 and April 2 editions. Shown here is the front page of the March 19th Quincy Sun with the lead story "Coronavirus: Pause for Concern."

recovering at home. Koch said people should not overreact, but also cautioned that "residents and families should be prepared for some level of disruption to their daily lives in the coming

Health Commissioner Ruth Jones outlined the steps residents could take to stop the spread of the virus, including social distancing, frequent handwashing, and remaining home when sick.

Sen. John Keenan said access to tests for the virus was among the top issues officials in Massachusetts and across the country were facing.

"Some feel that our response won't be as aggressive as it should be because we just don't have the data and there is a concern that what it is, but we just don't have the data on that and so few tests have been done here in the U.S.," Keenan

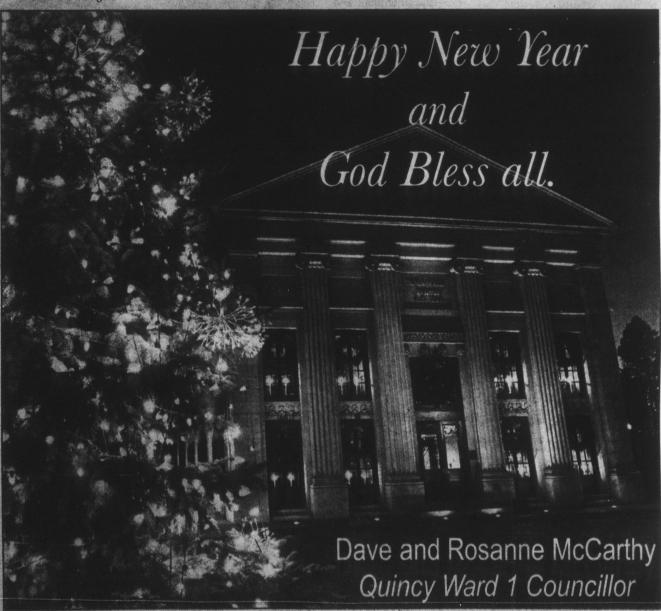
As the virus continued to spread, Gov. Charlie Baker ordered all elementary and secondary schools in the

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BICYCLIST PEDDLES near Hancock Street March 16th dressed for a winter day but also wearing a surgical type mask as a precaution against the outbreak of the coronavirus. At the beginning of the pandemic, health officials underscored the importance of washing your hands for at least 20 seconds, avoiding touching your face and social distancing yourself from others. As the pandemic dragged on, masks were mandated in stores, businesses and restaurants as another means to help control the spread of the virus. Quincy Sun Photos/Robert Bosworth





Non-Essential **Businesses Closed Through April 6**

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state to close through April 6. He also banned onsite consumption at restaurants. and gatherings of more than 25 people through that date.

"We know that a lot of the measures we are putting into place...will cause disruption in people's day to day lives," Baker said. "With the steps we are taking today, we can ensure residents can still access key state services while taking necessary precautions to limit the spread of CO-VID-19."

The governor would later close all non-essential businesses through April 6 as well.

Koch announced all municipal buildings would be closed to the public and board meetings would be cancelled. Playgrounds were also shutdown, though parks were allowed to remain open.

The mayor requested - and city councillors approved - appropriating \$500,000 in unspent snow and ice removal funds toward the city's COVID-19 response. The money was to be used to purchase personal protective equipment and a tent to establish a mobile testing site. The special meeting was held via videoconference for the first time in the council's history.

Koch also established a fund to provide rent relief for hospitality sector employees impacted by the pandemic. The money was to come from the city's affordable housing trust fund.

By the end of the month, Baker extended his order shutting down schools and non-essential businesses through May 4.

Deaths during March in-

John G. Burke, 86, **Quincy High School Hall of** Fame member; Enid Lubarsky, 85, Hanover teacher; Ann L. Clasby, assistant to the mayor of Ouincy; Raymond W. Palumbo, 93, Hancock Tire & Appliance co-owner; William J. Smith, 68, Quincy school bus driver; Lauren M. Desharnais Reilly, St. Ann's CCD teacher; Gerald G. Cooney Jr., 93, Quincy Youth Hockey founding member; Daniel M. Coletti, 94, World War II Purple Heart recipient; Mary Eddy, 84, St. John's



QUINCY POLICE were among dozens of South Shore towns that paraded emergency vehicles around South Shore Hospital in Weymouth on April 6 as a tribute to healthcare workers who are toiling with the COVID-19 pandemic. Quincy Police Capt. Richard McCusker, left, and Sgt. Karyn Barkas (right) hold a thank-you sign, expressing appreciation to all healthcare workers. The officers and health care workers shown here are wearing face masks. A new Department of Public Health advisory, consistent with CDC guidance, recommended that all residents wear a mask or face covering in public when social distancing is not Quincy Sun photo/Tom Gorman

rectory cook; Russell C. Deming, 67, Quincy police dispatcher; Claire E. Holbrook, 98, Quincy schools secretary; Harold J. Merrill Jr., Adams Heights Men's Club founding member; and William J. Ryan, Boston police detective.

APRIL

Students across Massachusetts began learning from home with schools closed because of the CO-VID-19 pandemic. Supt.

Richard DeCristofaro said all Quincy Public Schools programs would be incorporated into the remote learning initiative.

There is a significant obligation...to engage with every single one of our students multiple times per week with learning opportunities and creating a very structured educational program," he said.

The number of CO-VID-19 cases in the city reached 189 on April 6, including nine deaths. With a surge in cases anticipated statewide, Health Commissioner Ruth Jones urged residents to take social distancing seriously.

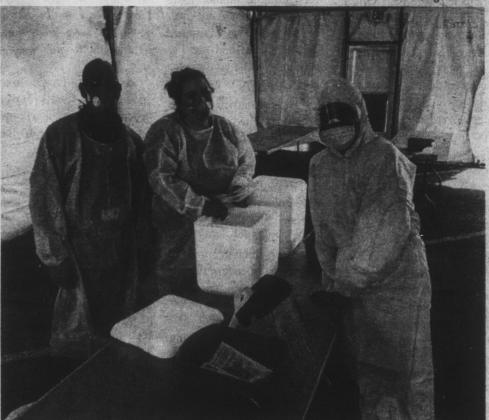
"People really need to take this seriously," she said. "I think social distancing has not been adhered to as much as it should."

Twenty-two new Quincy Police Department cadets were sworn in inside City

"It will allow us to increase the size of the department to go along with the increase in population and new growth in the city," Police Chief Paul Keenan said of the new class.

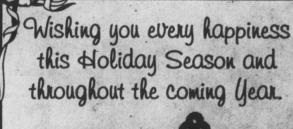
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A COVID-19 Drive-through Testing Tent (left) at Manet Community Health Center's North Quincy site opened in April in response to the pandemic. Staff (right) prepare for the opening.







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DeCristofaro New Quincy College President

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Quincy College's Board of Governors unanimously chose DeCristofaro, the longtime Quincy school superintendent, as the college's next president. He planned to leave his job with the school system in June.

"Quincy Public Schools has been an extraordinary part of my life, first as a student for kindergarten through grade 12 and continuing after college, when I became a teacher," De-Cristofaro said. "It has been an honor to have had a career filled with invaluable life-long relationships with excellent professional and administrative staff, caring parents, as well as supportive mayors and School Committee members."

The Quincy School Committee voted to cancel April vacation, meaning students would continue to learn remotely that week.

Manet Community
Health Center opened a
drive-through COVID-19
testing site at its North
Quincy location. The city
provided funding to help
prepare the testing site.

The City Council approved a \$3 million bond to replace mechanical systems at the Broad Meadows Middle School that had been heavily damaged by a March 2018 nor'easter.

Mayor Thomas Koch and Jones, the city's health commissioner, issued an order requiring the use of masks or other face coverings when visiting businesses, restaurants, and multi-unit residential buildings. The Centers for Disease Control and Prevention had recently recommended Americans wear masks to stop the spread of the coronavirus.

Sandra McCauley, the wife of former mayor Francis McCauley, died from complications of COV-ID-19 at the Pope Nursing Home in Weymouth. Mrs. McCauley was 83.

"Sandra was a remarkable person – serving our community faithfully on the Library Board of Trustees and in so many other ways literally for decades," Koch said. "She had a great passion for our city, and she was never shy about telling you how she felt. Her commitment to Quincy, together with Frank, will always be a wonderful legacy."

Gov. Charlie Baker announced schools statewide would remain closed through the end of the academic year in June. Students were to continue learning remotely for the remainder of the school year.

With the Houghs Neck Maritime Center demolished, installation began on a new boat ramp. Ward 1 Councillor David McCarthy said the new boat ramp would be open in the summer. The design for the new maritime center was still being finalized.

Baker extended his order closing non-essential businesses another two weeks, to May 18. The governor said COVID-19 cases in the state had plateaued, but the state had yet to see a drop in hospitalizations.

"We are moving in the right direction with the virus, but we are clearly not where we need to be," Baker said

The total number of CO-VID-19 cases in Quincy reached 739 on April 27, and the number of deaths was at 59. Koch thanked his colleagues in government at the federal, state and local level for their work in addressing the crisis.

"Everybody is rowing in the same direction, unsure of when this will truly end, but hopefully soon. We are all working together to make sure we are doing the right thing on your behalf



FORMER QUINCY FIRST Lady Sandra (MacKinnon) McCauley (right) died April 15 at the Pope Nursing Home in Weymouth, from complications of COVID-19. She was 83. Here she and her husband, mayor-elect Frank McCauley, are all smiles at Frank's victory party in 1981 at the Quincy Neighborhood Club. It was the first of four mayoral wins for Mr. McCauley. Sandra McCauley managed volunteer activities for her husband's numerous political campaigns. She also served for many years on the Crane Public Library Board of Trustees and was instrumental in the construction of the new main library building.

Quincy Sun File Photo

which is keeping you safe and healthy," the mayor said.

Koch announced he was making up to \$2 million in federal funds available to local small businesses impacted by the pandemic. Eligible businesses could receive grants of up to \$10,000.

The mayor also announced he planned to use \$2.1 million in federal stimulus money to purchase Chromebooks for every student in grades five through twelve, plus other laptops for school staff and some to keep in reserve. Koch said they could prove useful if schools could not re-open in the fall and would also be handy in the event of extended closures because of inclement weather, such as

those that occurred in the winter of 2015.

Quincy College's Board of Governors approved a \$23.03 million budget for the school for the upcoming school year. The budget represents a cut of \$3.46 million from the current spending plan.

Deaths during April included:

John Thomas Ricciuti, 90, Hancock Monument Company co-owner; Eileen M. Burke, 64, Quincy College professor; Daniel M. Dewey, 76, Caddy Detachment commandant; Dr. John F. Mahoney, 73, Quincy Medical Center neurologist; Francis S. Buckley, 83, Quincy police sergeant; Margaret R. McHugh, 79, Quincy school bus driver;

Jean Savela Meyer, 72, Mister Donut stores co-owner; Susan Papaz Holland, 68, Quincy teacher; Wiesia Sullivan, 73, Brockton teacher; Ruth H. Mathews, 100, Cub Scout den leader; Anne M. Jennette, 83, St. Joseph's Church First Communion teacher; Vincent J. Villard, St. Joseph's Church Eucharist minister.

. Francis A. Puccia, 72, member, Cerebral Palsy of Massachusetts board of directors; Margaret L. Mahoney, 89, administrator, North Quincy High School; Joseph J. Lencki Jr., 71, Cambridge police detective; Gregory K. Rector, 60, St. Mary's Church head usher; Joyce E. Bearchell, 88, Salvation Army, Quincy, lay leader; Francis J. McLaugh-

lin, Quincy firefighter; Anthony J. Donatella, Boston firefighter; and Robert N. Mood, 76, Quincy Fire Department lieutenant.

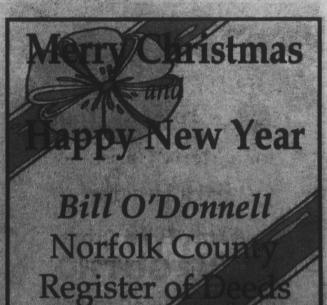
MAY

Walmart voluntarily agreed to close its store on Falls Boulevard after 11 employees tested positive for COVID-19, including one who died, Health Commissioner Ruth Jones told the City Council.

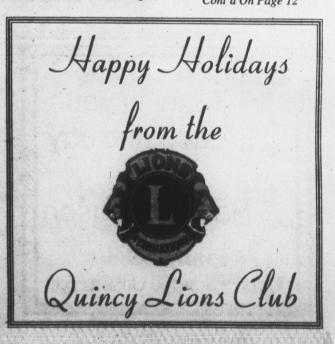
Jones said the number of COVID-19 cases in the city had reached 885 as of May 4, and the death toll had grown to 80. She said the infection rate was declining but cautioned that "We're not out of the woods yet."

Gov. Charlie Baker issued an order mandating the

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MASKS ON FOR SAFETY - McGruff and the Quincy Police Department remind the public to stay safe by masking up. In May, Gov. Baker mandated face coverings or masks be worn in public due to the continuing COVID-19 pandemic. Lt. Minton who contributed the popular "Job Well Done" column in The Quincy Sun for many years, retired in June following a 40-year career in law enforcement.

Photo Courtesy Quincy Police Lt. Dan Minton

2020 The Year In Review

Baker Mandates Face Coverings, **Masks In Public**

Cont'd From Page 11

wearing of masks or other face coverings in public. The order applies indoors, on public transportation, and outdoors when social distancing is not possible.

The School Committee picked Kevin Mulvey, the school system's deputy superintendent, to serve as the interim superintendent after Richard DeCristofaro departure in June.

Mayor Thomas Koch announced the city's annual Memorial Day and Flag Day parades would not be held this year amid the pandemic. Koch said he planned a simple ceremony to mark Memorial Day at Mount Wollaston Cemetery and was looking for an alternative way to commemorate Flag Day.

The Quincy Fire Department's 34 newest recruits completed their training at a city-run academy in West

Quincy and began their assignments at firehouses throughout the city.

Massachusetts entered

jobs to fight back and, as a result, positive case rates are moving in the right direction and hospitalizations are down," he said.

ufacturing facilities and places of worship were allowed to re-open immediately with personal services including barbershops,

hair salons and pet groomers - following one week later. Offices were allowed to re-

"The class is a great

group of guys," said Capt. Joseph Barron Jr., who oversaw the academy. "The city did a good job of vetting

phase one of Gov. Charlie Baker's four-phased plan to re-open businesses that had been closed since March because of the pandemic.

open at 25 percent capacity "We have been doing our and retailers were able to reopen with remote fulfilment and curbside pickup. Many outdoor spaces, including beaches, drive-in theaters, and zoos could re-open as Construction sites, man-

> Koch unveiled his proposed \$340.25 million budget for the fiscal year that begins July 1, a budget he called a "protection plan" that avoids cuts to key city services and layoffs of mu-

nicipal workers amid the cutting services or personcoronavirus pandemic. Koch said he also hopes to avoid a property tax increase next year.

"We've set an ambitious goal to not increase property taxes for our homeowners," he said. "We will undoubtedly be back before you in the fall to make further adjustments to meet that goal. I am going to do everything in my power to make that happen up to the point of

The mayor also asked the City Council to approve borrowing \$14 million for the build out of a new special education center in Wollaston. Koch said, "We must keep moving," ahead with the proposal, despite the pandemic.

Quincy firefighters battled a pair of house fires in one night - one in one in Houghs Neck and one in

North Quincy - that displaced at least ten residents. Neither fire was considered suspicious, according to Deputy Fire Chief Timothy Burchill, and no injuries

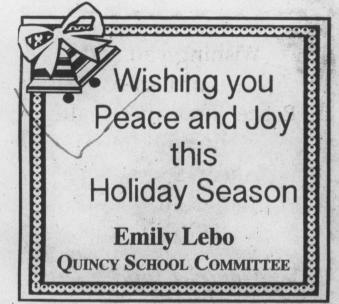
were reported. The first fire was reported at 25 Peterson Rd. The second started in an unoccupied residence at 69 Holmes St. and spread to 67 Holmes St.

Quincy Public Schools officials proposed a \$117.39

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graves at Pine Hill Cemetery in observance of Memorial Day. Reardon - shown wearing a face mask due to the social distancing guidelines brought on by the COVID-19 pandemic - has been decorating graves in the veterans' section at Pine Hill for more than a dozen years. There are more than 500 veterans from World War I, World War II, Korea and Vietnam buried in this section at Pine Hill Cemetery. In all, Quincy Veterans Services coordinates decorating the graves of some 7,500 veterans in six city cemeteries: Pine Hill, Mount Wollaston, Sailor's Pond, Hancock Cemetery, Snug Harbor in Germantown and Hall Place in West Quincy. The pandemic cancelled the city's annual Memorial Day parade and ceremony at Mount Wollaston Cemetery. Flag Day, Veterans Day and Christmas parades were also shelved due to the pandemic. Quincy Sun Photo/Robert Bosworth







5,000 Attend 'Black Lives Matter' Vigil

Cont'd From Page 12

million for the upcoming fiscal year, which would allow for the hiring of more than a dozen new teachers and other staff members, including a new administrator at a salary of \$120,000.

The new hires would include two English language learning teachers at the high school level; 1.5 academic classroom teachers if needed to keep class sizes in line with the district's standards; two literacy teachers; four special education teachers; and one speech therapist. The plans would also include funding to hire a new high school guidance staff member and an IT support staff member.

The School Committee officially launched the search for a new school superintendent. The opening was posted online, a 13-person search committee was established, and residents of the city were invited to complete a leadership survey to help guide the process.

Deaths during May included:

Robert H. Derbes Sr., founder, Derbes Brothers Construction; Mary Pratt, 101, All-American Girls Professional Baseball League player; Joseph A. Fratolillo, 76, American Legion baseball coach; Marion M. Ricca, 95, Girl Scout leader; John F. Clark, Nickerson Post commander; H. Winslow Bettinson, 100, WJDA program director; Anita Ricciuti, Quincy District Court assistant clerk; Dorothy M. Bricker, 91, St. John the Baptist Church Eucnarist minister.

Nancy M. Ramponi, 86, Quincy teacher's aide; Jean L. Doherty, 93, Quincy teacher; Paul F. Earle, 87, Quincy DPW worker; Fred A. Abdallah, 58, lieutenant, Norfolk County Sheriff's Office; John I. Barr Jr., 94, Boston teacher; Patricia McIver, 90, Quincy traffic supervisor; Americo Speranzo, 91, Quincy Fire Department captain; Edith B. Palumbo, 95, Quincy schools cafeteria supervisor; Virginia M. Crismond, 94, owner, Lyons Real Estate Company; Vincent A. Cristiani, Ed.D., 88, UMass Boston professor; and Mary E. Duross, 91, Quincy Public Schools employee.

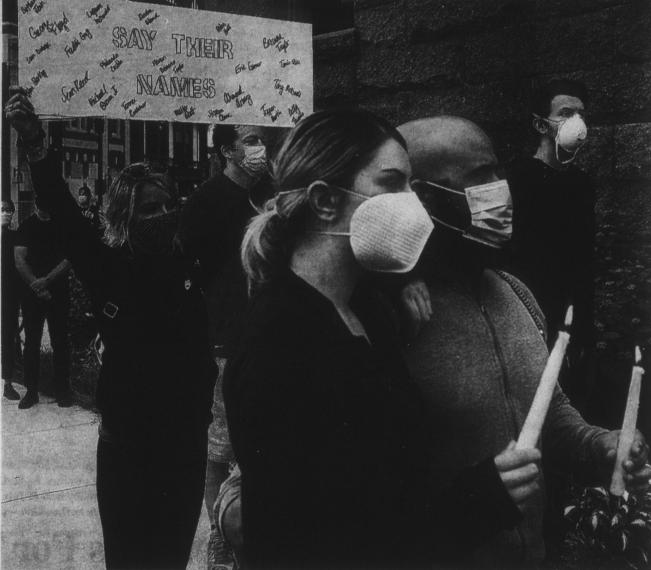
JUNE

Some 5,000 supporters of the Black Lives Matter movement attended a peaceful vigil in Quincy Center followed by a march through the city to protest the death of George Floyd and other Black Americans at the hands of police. It was one of many demonstrations held nationwide after Floyd was killed when a Minneapolis police officer knelt on his neck for nearly nine minutes.

"Without all of us fully acknowledging our humanity, our common humanity, we will never have equality," said Albert Lee, one of the event's organizers. "We are here because Black Lives Matter isn't a platitude to agree with and move on, but a standard to continuously hold ourselves, our media and our institutions to. Demand accountability, demand justice, speak against injustice."

Restaurants and retailers were allowed to ramp up operations and a number of other businesses were given the greenlight to re-open as Massachusetts entered the second phase of Gov. Charlie Baker's plan to restart shuttered industries.

Restaurants – which had been limited to delivery and carryout service since March – were allowed to start offering outdoor table service at the start of phase two. Tom Anacone, owner



SUPPORTERS OF THE "Black Lives Matter" movement held signs and candles at a peaceful vigil June 2 in Quincy Center. Shown here is one supporter holding a "Say Their Names" homemade sign that lists the people injured or killed in incidents involving police throughout the country in recent years. Two other supporters hold candles in memory of the deceased including George Floyd, a 46-year-old black man who died May 25th after a Minneapolis police officer knelt on Mr. Floyd's neck for nearly nine minutes. Mr. Floyd's death has been ruled a homicide and the cause of death cardiac arrest with evidence of mechanical asphyxia. Derek Chauvin, the white police officer who knelt on Mr. Floyd's neck while he was handcuffed faced down on the street, has been charged with second degree murder. Three other officers were charged with aiding and abetting second degree murder. The incident has sparked protests across the nation. The Quincy demonstration ended peacefully without vandalism or violence, unlike other cities in Massachusetts where looting and property damaged has occurred. More than 5,000 people attended the Quincy vigil.



LATER IN JUNE, supporters of police lined Quincy Shore Drive during a Defend the Police rally. More than 100 residents from Quincy and throughout the South Shore lined a section of Quincy Shore Drive at Wollaston Beach to show their support for police and law enforcement.

Quincy Sun photo/Tom Gorman

of Craig's Café in Quincy Center, said he served 30 customers on the Monday outdoor dining began.

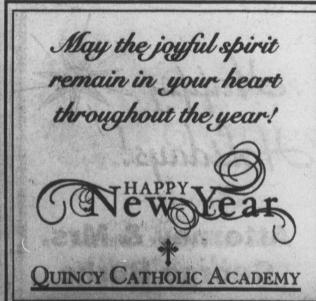
"People were happy to

be at a table," Anacone said.
"We're happy to be open,
happy to see people and
we're looking forward to the
weekend."

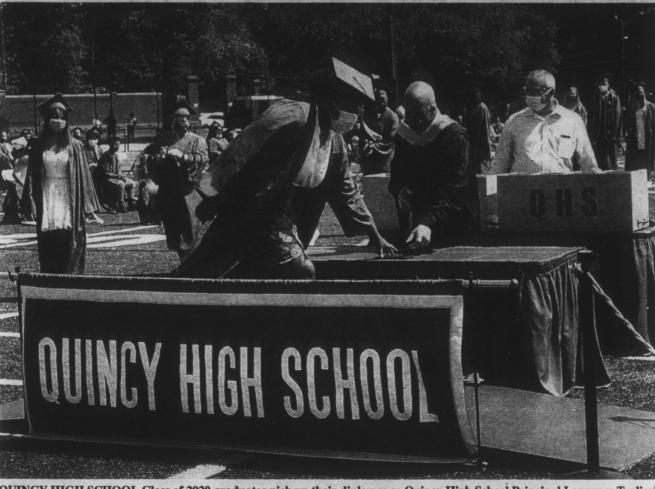
The graduation ceremonies for Quincy and North Quincy high schools were postponed until late July because of the coronavirus pandemic. Under new rules issued by the state, graduates would be allowed to invite two family members to

Cont'd On Page 14









QUINCY HIGH SCHOOL Class of 2020 graduates pick up their diplomas as Quincy High School Principal Lawrence Taglieri offers congratulations. Outdoor commencement ceremonies delayed by the COVID-19 pandemic were eventually held in July at Veterans' Memorial Stadium for both Quincy High School and North Quincy High School. Quincy Sun photos/Tom Gorman



NORTH QUINCY High School Class of 2020 graduate Shane O'Connell's mask reminds everyone to practice safe social distancing and stay six feet away.

July Outdoor Commencements For The Class

Cont'd From Page 13

the ceremony and all in attendance would be required to wear a mask or face covering.

Lt. Dan Minton, the Quincy Police Department's long-time crime prevention officer, announced he would be retiring at the end of the month following a 40-year career in law enforcement.

In lieu of the traditional Flag Day parade, Mayor Thomas Koch invited residents to celebrate the holiday by driving under a 50-foot by 20-foot American flag hoisted by two fire trucks over Merrymount Parkway.

The School Committee unanimously voted to name a planned special education learning center in Wollaston in honor of Richard DeCristofaro, the long-time school superintendent.

"It's been a remarkable run for you, and you have done so many great things for this school system," said committee member Paul Bregoli. "You don't like the limelight. You would rather stay in the background and let everybody else take credit, but I know what you have done - what you have

The Year In Review

done for me personally and what you have done for the school system and for all of us here in this room."

City councillors unanimously approved a \$340.12 million budget for the fiscal year beginning July 1, an increase of \$10.34 million over the current budget.

Councillors approved the budget for fiscal year 2021 after making three cuts to Koch's initial proposed spending plan of \$340.25 million. The first two cuts each worth \$34,000 - were made in late May to personnel line items in the Public Buildings and Natural Resources Departments to fix an accounting error. The final cut came when councillors unanimously approved trimming \$66,543 from the line item for the Furnace Brook Golf Club lease. Council President Nina Liang had recommended reducing that line item from \$191,543 to \$125,000 based on the golf club's recent

Councillors also unanimously approved appropriating \$1.27 million in community preservation

property tax bills.

funds towards eight projects at historic sites and an affordable housing development. The largest allocation

- \$500,000 - was to go to NeighborWorks for an 18unit affordable housing development on Winter Street in Quincy Point.

Liang and three of her

colleagues on the council -Brad Croall, Anne Mahoney and Brian Palmucci - began hosting a series of virtual town hall meetings to discuss inequality and injustice in Quincy and identify potential solutions. More than 70 residents attended the "I was thrilled," Liang

said of the turnout. "For 70 residents across the city to join us and share their stories is really important." More than 100 South

Shore residents attended a rally to defend the police at Quincy Shore Drive. Organizers said the rally was not a counter protest to the Black Lives Matter movement but was meant to show support for law enforcement as some leaders nationwide called for defunding police departments.

The mayor said he appreciated the support being shown to law enforcement.

"I know the sacrifices of the families of police officers," he said. "There is real potential for loss of life and danger. But worse right now I think to their anxiety is the attack on the complete police department in our country. I think it is important today what we are doing so our officers know we are standing with them."

Massachusetts entered the second part of phase two of Baker's re-opening plan, meaning indoor dining was permitted and additional personal services, like tattoo parlors and nail salons, could open once again.

Baker also announced new guidance for schools to re-open in the fall. The rules would require students be spaced at least three feet apart and also requires students in grades two and up to wear masks at all times

Interim Superintendent Kevin Mulvey announced he was forming a task force to plan how to re-open schools in September. The task force would have to prepare for three different scenarios - in-person classes, remote learning or

a hybrid model with some in-person and some remote

"Our goal is to make the process as smooth and as less disruptive and less anxious as possible for our students and families," he said.

The Zoning Board of Appeals approved a developer's request to construct a 20-unit condominium building at the corner of Edison and Washington streets in Quincy Point. The project had been opposed by area residents and a pair of city councillors - Croall and David McCarthy - who said it would be too big for the neighborhood.

Deaths during June in-

Carol J. McGhee, 82, **Quincy Point Congregation**al Church Sunday School teacher; Joan Regal, 86, Quincy schools employee; Elizabeth Giocomino, 95, OCAP volunteer; James D. Dalton, 82, Quincy Lodge of Elks member; Paul F. Canavan, 82, Boston firefighter; Robert E. Powers, 92, Boston schools employee; Leo W. Donovan, 80, Quincy teacher; Muriel J. Rapalje, 79, Quincy teacher; Robert A. Pelosi, DMD; and Bruce E. Marquis, 76, QuincyNorth Quincy Football Hall of Fame member.

JULY

Hundreds of Quincy residents, young and old, participated in Quincy Chalk for Justice at the Hancock-Adams Common. Organizers said the event was held to support Black lives and speak out against racism and injustice.

Citing progress Massachusetts made in its effort to contain COVID-19, Gov. Charlie Baker gave the greenlight to begin phase three of his re-opening plan - including museums, movie theaters, gyms and casinos - and also authorized professional sports teams to play home games without fans present. The governor also said it was important for residents to keep taking steps to stop the spread of the disease, including wearing masks, frequent hand washing and social distanc-

"As we open up and as more people get back to more activities and places, it's critical that we continue to be smart about how we do this," Baker said. "The last thing we want to do is move backwards as we have seen

Cont'd On Page 15

NEW YEAR GREETINGS 2021

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Attorney & Mrs. **George Burke**

Happy Holidays and thank you to all our Veterans



Sons of the American Legion Squadron 294 **Morrisette Legion Post**

Mail-In Ballots For September **State Primary**

Cont'd From Page 14

other states have to do."

The governor also signed into law legislation authorizing mail-in balloting for the September state primary election and the presidential election in November. The law, which also authorized in-person early voting ahead of the primary, was passed to ensure residents could vote amid the pandemic.

"Voters should not have to choose between exercising their right to vote and their health," Rep. Ronald Mariano, the House majority leader and a Quincy Democrat, said in a statement. "This bill preserves the integrity of our voting process while giving voters several safe options to cast their ballot, both by mail and in person."

Members of the School Committee unanimously approved creating a new equity, diversity and inclusion bi subcommittee after former and current students raised concerns on social media about racial bias in the school system. The committee also approved a resolution reaffirming "its commitment to ensuring that the qualities of diversity, equity and inclusion are embedded and practiced for our students, families, faculty and staff."

Committee Vice Chairman Anthony Andronico. who proposed creating the subcommittee and introduced the resolution, called any bias within the school system unacceptable.

"I think we can all agree that even one brush with that type of behavior within our walls is unacceptable." he said. "Those that have voiced their experiences have provided us with an opportunity to make real positive change that will impact current and future students, and I thank them for doing so, and I believe it is important that we do not squander that opportunity."

Three city councillors David McCarthy, Brad Croall and Charles Phelan Jr. - and several area residents expressed concern about a proposed facility at 165 Washington St. that would provide medicationassisted treatment to patients with substance-use disorders. The councillors said the building would not have enough parking on site to accommodate the 125 to 150 patients the clinic would see each day.

"I think it's not the appropriate space to have that operation - it is underparked," said Croall.

The Zoning Board of Appeals granted the owners of Louis restaurant on Sea Street permission to sell the parking lot across the street. The owner of the restaurant said doing so would allow him to re-open.

Three Quincy Public Schools employees, including two summer program teachers, tested positive for COVID-19. School officials said staff and families were promptly notified following the positive tests.

With the emergency room at Quincy Medical Center slated to close later this year, FoxRock Properties, the owner of the property, said demolition of the hospital campus could begin in early 2021.

Kincaide Park on Water Street re-opened following a \$6.1 million renovation.

The 280 members of North Quincy High School's graduating class and the 380 graduating seniors at Quincy High School were honored during commencement ceremonies at Veterans' Memorial Stadium.

Kaylin Chan, North's valedictorian, said you can never stop learning and

"Always strive to be bet-



YOUNGSTERS ENJOY the new playground equipment at the renovated Kincaide Park in Southwest Quincy that opened in Quincy Sun photo/Tom Gorman

ter, to be more," she said. "More kind, more attentive, more patient, and more helpful. Learning doesn't stop once you're out of school,

low classmates not to let stop the spread. school careers.

gritty town, the scrappy one that fights on. We must resonate with that character and channel that courage in our fight through this virus,"

A four-alarm fire gutted the single-family home at 25 Hanna St. in Quincy Point. Deputy Fire Chief Timothy Burchill said the blaze began in the rear deck of the home while a resident was grilling. Burchill said there was likely a leak in the propane tank that led to the fire. It "accelerated very quickly" because of the propane, he stated.

Three firefighters were taken to a local hospital for heat exhaustion but were expected to be OK, Burchill said; temperatures that day

were in the mid 90s with the heat index in the triple digits. The home's residents made it out safely.

As Quincy experienced and growing doesn't stop an uptick in COVID-19 caseven when you're 5 feet tall es during the month of July, Health Commissioner Ruth Patrick Rak, Quincy's Jones said it was important valedictorian, told his fel-no for residents to be vigilant to

the coronavirus define them, 31 The total number of coneven though it cost them the offirmed COVID-19 in the final months of their high eity since March reached 1,384 on July 27. Of those "Let's be real: We are cases, 1,140 had recovered from Quincy. This isn't and 135 had died. Jones said Duxbury or Hingham. We there were 57 active cases are known as the 'nitty- in the city on July 27; there had been as few as eight active cases in earlier in the month.

"I think people need to be responsible. They have to wear masks and wear them correctly so that their nose and mouth is covered," she said. "People need to keep social distancing. CO-VID-19 is still here and it is going to be here for a while, so we can't let our guard down."

Interim superintendent Kevin Mulvey told the School Committee the district's re-entry task force had recommended a hybrid approach to for the start of the new academic year in September. Parents would also have the option of opting out of in-person learning

and have their children learn remotely only.

"Full in-person at this point isn't really doable at this time, but a hybrid approach...absolutely Mulvey said. "So is remote learning for those students and parents who wish to remain remote when we return in September."

Mulvey was one of three finalists chosen by the school board for the vacant superintendent's position. The other finalists were Omar Easy, an administrator at Everett High School, and Jahmal Mosley, the superintendent of the Nashua, N.H., school system.

Deaths during July included:

Richard J. Kenneally, Quincy-North Quincy High School band director; Catherine A. Ronan, 78, St. Mary's Church choir member; Elizabeth W. Mc-Gonagle, 84, wedding coordinator, St. John the Baptist Church; Lawrence W. De-Celle Jr., 92, Milton DPW director; James E. Buhl Jr., 81, Quincy police sergeant; Dennis J. McNulty, 92, Quincy traffic engineer; John F. Connor, 81, Boston teacher; Thomas H. Williamson, 95, Interchurch Council moderator; William A. Varroso, 94, Braintree police officer; Gerald

J. Ryan Jr., 70, civil engineer, Boston DPW; Robert Bunstein, 87, Kiwanis Club president; and Ruth A. Knowles, 92, assistant treasurer, 1000 Southern Artery. **AUGUST**

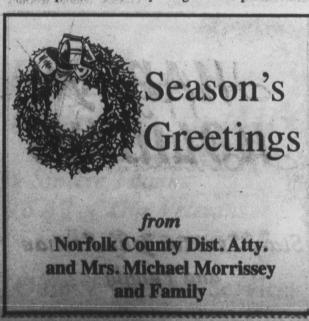
Mayor Thomas Koch and Dr. Allan Yacubian, the original inspiration for North Quincy High School's Yakoo mascot, unveiled a revised version of the character. The mascot will have a new look inspired by the soldiers who fought in the Revolutionary War and will no longer use Native American imagery. Yacubian, a longtime benefactor of the city's schools, said he was happy with the new iteration of the mascot.

"Yakoo is now 63 years old and in the 63 years has done nothing to shame North Quincy High School or anything to do with the city of Quincy. But, like everything, things change, and it is time to do something," he said. "We've come up with something that I think is going to be very, very good and I'm very happy that it's being done."

Robert Shaw, the principal at North Quincy High, said he would have students and staff weigh on a possible nickname for the school's sports teams.

Cont'd On Page 16







Jackson New Fire Chief, Mulvey New School Supt.

Cont'd From Page 15

A new skatepark opened up on Pond Street in Quincy Point.

Allison Cox, the president of the Quincy Education Association, said a majority of the union's members did not feel safe returning to in-person learning in September amid the pandemic. She said the district should start with remote classes then transition to a hybrid approach based on a safety conditions and public health benchmarks.

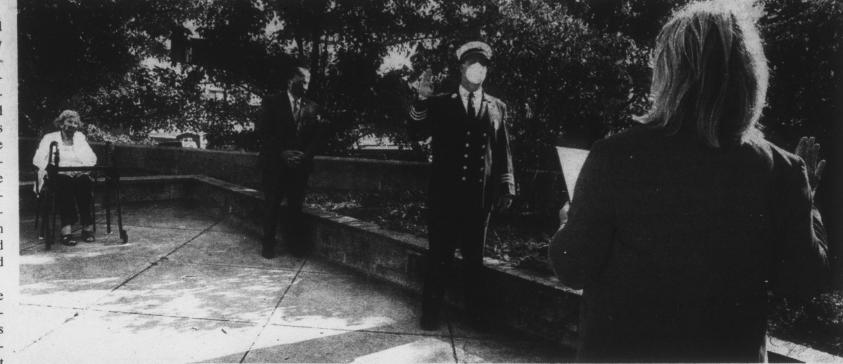
Cox, in a letter to the School Committee, identified a number of concerns teachers had shared, including, "the lack of sufficient time remaining before the start of the school year to thoroughly inspect, assess, potentially upgrade ventilation systems across the school district."

Mayor Thomas Koch said the city was in the process of inspecting and upgrading the HVAC system in school buildings.

"There is a lot of work being done in Public Buildings on this issue. I want to make sure that the public understands that, the teachers understand that," he said. "This issue of the coronavirus has brought a whole new world to all of us and the priority is the health and safety of our residents and the health and safety of our kids. Every department of our city is working together in collaboration for that purpose."

Amid an uptick in CO-VID-19 cases, Gov. Charlie Baker pressed pause on the state's re-opening plans. The governor also reduced the maximize allowed size for outdoor gatherings from 100 to 50 people and updated rules for restaurants to prohibit establishments from serving patrons alcohol unless those patrons had ordered food prepared on

Joseph Jackson was appointed the new chief of the Quincy Fire Department to fill the opening left by the retirement of Jack Cadegan earlier in the year. Jackson had served as a deputy fire chief since 2010.



FIRE CHIEF JOSEPH JACKSON (center) was sworn in Aug. 11 by City Clerk Nicole Crispo outside Hancock Park as his mother, Virginia, (seated) and Mayor Thomas Koch look on. Jackson, a 22-year Quincy Fire Department veteran and a deputy chief since 2010, succeeded Fire Chief John Cadegan who retired earlier Photo Courtesy Lisa Aimola, Mayor's Office in the year.

he Year In Review

"I am deeply humbled by the opportunity and I look forward to helping make the department the very best it can be in the coming years," Jackson said.

Several other promotions followed Jackson's appointment as chief. Steven Baylis and Kevin Bythrow were promoted to deputy chief; Jeffrey Baldock, Keith Lentini, Timothy Marks and Michael Palaza were promoted to captain; and Paul Halloran Jr., Derek Monroe, Nicoholas Levins, Joseph Ceurvels and Michael Kerr were promoted to lieuten-

The School Committee picked longtime deputy superintendent Kevin Mulvey to serve as the next superintendent of schools. Mulvey identified two priorities for the school system: restarting the school year amid the COVID-19 pandemic and matters of diversity, equity and inclusion in the schools, including the hiring of a more diverse staff.

"Certainly, COVID is the number one priority right now. We have to address getting our kids back to grade three start the year school as much as possible," Mulvey said, "Long-term, one of our bigger issues is dealing with diversity, equity and inclusion issues that have been facing the city simultaneously with the COVID-19 crisis. We want to definitely address that ef-



KEVIN MULVEY was named the new superintendent of Quincy Public Schools in August. He succeeded Dr. Richard DeCristofaro who served as superintendent for 19 years before moving on as president of Quincy College.

fectively with our students."

The School Committee also approved a re-entry plan for the new school year that would see students in prekindergarten through Sept. 16 with a mix of inperson and remote classes. Students in other grade levels would begin the year learning remotely before moving to the hybrid model later on.

The state Department of Public Health made flu shots

mandatory for nearly all students in the state under the age of 30. Officials said the mandate was to reduce the spread of disease amid the COVID-19 pandemic.

The MIAA voted to move high school football to a new floating season starting in February in light of the pandemic. Other fall sports would be allowed to begin their season in September, with new rules in place to reduce contact.

Three Quincy police of-

ficers received promotions. Matthew Pantazelos was promoted to lieutenant and Sean McCormack and Erin King were both promoted to sergeant.

The Zoning Board of Appeals approved a developer's plan to raze the Southside Tavern on Liberty Street and build a 30-unit condo building in its place. The board also rejected a proposed treatment center on Washington Street for individuals with substance-

Quincy Sun Photo/Robert Bosworth use disorders, citing con-

cerns with parking and traffic on site. More than 100 residents marched on City Hall, urg-

ing the mayor to declare racism a public health crisis in Quincy.

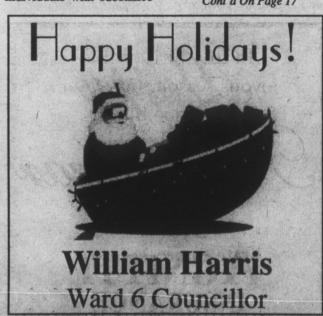
Deaths during August included:

Josephine M. Tinney, 92, traffic supervisor; Peter A. Booras, 101, restaurateur; Thomas Bowes, MBTA and State Police mechanic; Pau-

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Former Mayor Joseph LaRaia Passes Away; McDermott Vs. McDermott For Sheriff

Cont'd From Page 16

la A. Younie, 102, deacon for life, Houghs Neck Congregational Church; James E. Carras, 85, purchasing manager, Father Bill's Place; Nicola Russo, 85, owner, Nick's Barber Shop; Matthew J. Danick, 47, carpenter, city of Quincy; Jane A. Pettinelli, 87, teacher's aide; Donald Scott Deware, 60, funeral director, Deware Funeral Home; and Madeline C. Papile, founder, Quincy schools LPN program.

SEPTEMBER

Patrick McDermott won the Democratic primary for sheriff – the closest of several contested races in the Sept. 1 state primary – and was set to face Republican Jerry McDermott in the November general election.

McDermott defeated two other Democrats in the primary for sheriff, former Quincy mayor William Phelan and retired state trooper James Coughlin of Dedham. McDermott finished with 49,272 votes to Phelan's 48,306, a margin of 966 votes or 0.67 percent, according to the Associated Press. Coughlin was third with 45,159. The race took three days to sort out, as

2020 The Year In Review

thousands of ballots had initially gone uncounted in the town of Franklin.

The Democratic primary featured three other contested races. Michael Bellotti defeated Brad Croall in the race for county treasurer; incumbent Joseph Shea and newcomer Richard Staiti of Canton topped the fourperson field for two county commissioner seats; and Colleen Brierley of Norwood edged out four others in the race for register of probate.

Incumbent Ed Markey fended off a challenge from U.S. Rep. Joseph Kennedy in the Democratic primary for a U.S. Senate seat. Markey was set to face Republican Kevin O'Connor in November; O'Connor defeated Shiva Ayyadurai in the GOP primary.

Turnout in Quincy was 38.25 percent. More than half of voters submitted ballots by mail or voted during an in-person early voting period ahead of the primary date.

The School Committee voted to let high schoolers participate in athletics during the upcoming academic

year. The vote was required because high schoolers were starting the year remotely. The MIAA allowed most fall sports to proceed with new rules in place amid the pandemic, but football and cheerleading were both delayed until later in the year.

The school board also approved a change in the district's transportation policy that to cut the number of students eligible to ride on school buses. The new rule requires students to be two miles away from school to be eligible to ride on a bus, rather than 1.5 miles. The move was made to free up space on buses in light of distancing guidelines in place during the COVID-19 pandemic.

The City Council unanimously granted Mayor Thomas Koch permission to enter in a 99-year lease with Father Bill's and Main-Spring that would allow the organization to move to a new facility at 56 Broad St. that would be more than just an emergency shelter.

"I think it is a bold move and I think it's something not just Massachusetts, but the rest of the country can

QUINCY'S NEW MAYOR Joseph LaRaia flashes a victory smile and embraces his wife, Louise, after a recount in the 1975 mayoral election declared LaRaia the city's 28th mayor. Mr. LaRaia, who also served Quincy as a city councillor and city assessor, died Sept. 18. He was 88 years old.

Quincy Sun file photo

look at and say we are really ahead of bringing best practices of how to address homelessness in the city of Quincy," FBMS President John Yazwinski said of the planned facility.

Councillor Anne Mahoney asked the Koch administration to provide additional information on the city's budget priorities before her colleagues voted on a \$14 million bond to convert the office building at 178 Old Colony Ave. into a special education learning center.

The School Committee voted to move the date on which high schoolers would transition from remote learning to a hybrid model from November to October. Students in grades four through eight were already set to make the transition in October as well. Koch said health officials had learned how to stop the spread of COVID-19 over the past several months.

"We know that this works," Koch said, holding up a mask. "We know washing the hands works. We know social distancing works."

A 22-year-old Quincy woman charged with murder in the killing of a 24-year-old Quincy man was held without bail at her arraignment. Prosecutors say the defendant and the victim did not know each other prior to the fatal stabbing the night of Sept. 11 inside a liquor store parking lot in Wollaston.

Alyssa Dellamano pleaded not guilty during her Sept. 16 arraignment on a charge of murder in Quincy District Court. Her attorney did not request bail during the court appearance. Dellamano's bail on open larceny case was also revoked during her appearance.

Dellamano was accused of fatally stabbing Cameron Nohmy, a Milton High School graduate and member of Laborers Local 22.

A second woman, 24-year-old Samantha Perrier of Dedham, was arraigned Sept. 16 on charges of misleading the investigation into Nohmy's death. She pleaded not guilty and was held on \$10,000 bail.

The school board voted to name Erin Perkins assistant superintendent. She had previously served as the district's special education director.

Joseph LaRaia, Quincy's 28th mayor, died Sept. 18 at the age of 88. Mr. LaRaia served as mayor for one term from 1976 to 1977 and also served several terms on the City Council.

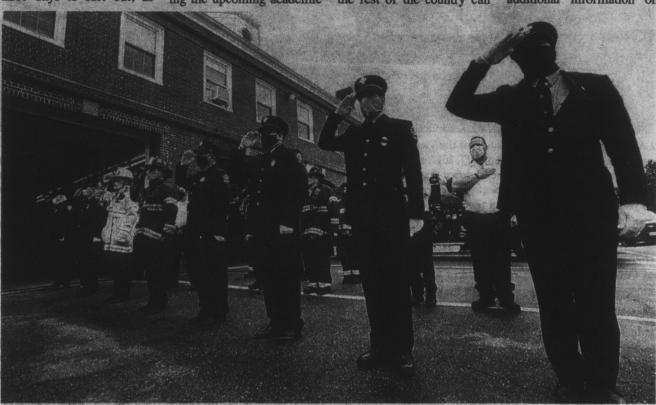
Known as 'The People's Mayor,' Mr. LaRaia was involved in initiating the construction of the glass City Hall annex building and the Ruth Gordon Amphitheater at Merrymount Park.

"Mayor LaRaia was a fighter, a tenacious worker, and without question something of a maverick who cared very deeply about Quincy," Koch said. "We're a better City today for his service as Mayor, City Councilor and Assessor."

The City Council approved Koch's request for the \$14 million bond to renovate an Old Colony Avenue office building into a special education learning center in an 8-1 vote, with Mahoney opposed. The build out of the new facility, which will be dedicated in honor of longtime superintendent Richard DeCristofaro, was expected to take 20 months.

Gov. Charlie Baker commended Quincy Public Schools for in-person programming offered over the summer to the district's special education students.

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QUINCY FIREFIGHTERS salute during the 9-11 ceremony at Quincy fire headquarters Sept. 11. This year marked the 19th anniversary of the terrorist attacks that killed nearly 3,000 people including 343 firefighters and 72 law enforcement officers.

Quincy Sun photo/Tom Gorman

In the spirit of this
joyous season, may your
hearts be filled
with peace and love...
brotherhood and faith.

Ron Mariano
State Representative



COVID Cases Reach 1,820; 'Don't Let Your **Guard Down'**

Cont'd From Page 17

"They are an excellent model of how to safely and responsibly get back to school using [state] guidance. Their faculty and their staff expertly tackled the safe re-opening of their schools, overcoming challenges along the way, including two staff CO-VID-19 positive cases over the summer," the governor

"Quincy school officials and staff should be commended for their effective response, which ensured that in-person education was able to continue for hundreds of students with special needs. In many ways, teachers are heroes to these kids and to their families, and they play a critically important role to teach and nurture students."

Deaths during September included:

Anthony Balzano, 86, Quincy police officer; James J. Lynch, 87, Quincy teacher; Mary A. Bozoian, 100, Quincy guidance counselor; Michael Greene, past grand knight, North Quincy Knights of Columbus; John A. Lutts, PhD, mathematics professor; Jean M. Mara, St. Agatha School teacher; Elaine F. Beguerie, 72, teacher, the Village School in Milton; Josephine M. Mattina, social worker; Judith A. Dacey, 77, worker, Quincy City Clerk's Office; and Richard H. Derbes, Sr., 83, co-owner, Derbes Brothers Construction.

City councillors approved Mayor Thomas Koch's request for a \$3.65 million bond to construct a 150-foot radio tower on Rockview Road off Quarry Street for the city's first responders. The funds also include money for the installation of five simulcast stations throughout the city to provide better coverage.

The city's police and fire chiefs said the radio tower would allow for much-needed upgrades to their communications systems.

"It's time for an upgrade. It's been long overdue," Fire Chief Joseph Jackson said. "This is a really good thing, it's a worthwhile thing to do and it has been sorely needed for quite a while."

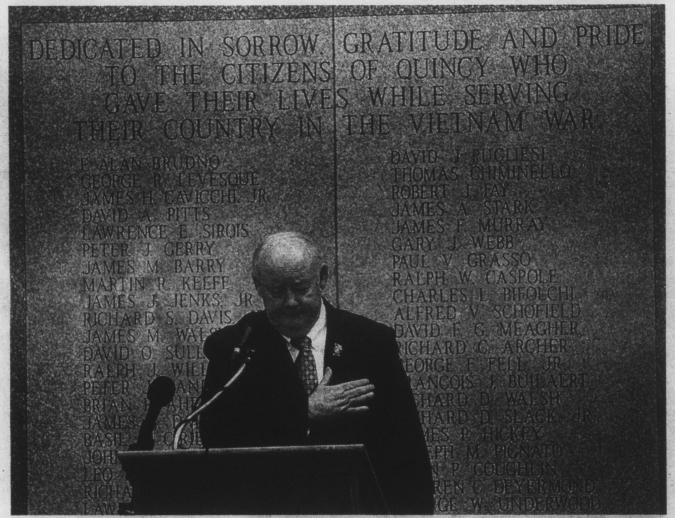
The Board of License Commissioners approved Koch's request to waive the \$2,000 fee for restaurants and bars renewing their liquor licenses for 2021. Koch sought to waive the fees to provide relief to one of the industries hardest hit by the coronavirus pandemic.

Enrollment in the Quincy Public Schools declined slightly compared to prior school year, but the number of students in school remained at its second highest point in the past decade. There were 9,680 students enrolled as of Oct. 1, 145 fewer than the 9,825 that were enrolled on Oct. 1,

This year's kindergarten class is the smallest the



MAIL-IN BALLOTS - Assistant City Clerk Joseph Newton holds and shows some of the 20,000 mail-in ballots that were requested by Quincy voters in advance of the Nov. 3rd election. The mail-in ballots began going into the mail to the post office for Ouincy Sun Photo/Robert Bosworth



LAWRENCE NORTON, president of the Vietnam Combat Veterans Combined Armed Forces, pauses at the 30th annual Vietnam War Remembrance Day April 27, 2017. In the background are the names of the 48 Quincy residents who were killed serving in the Armed Forces during the Vietnam War. The names are inscribed on the Vietnam War Memorial Clock Tower in Marina Bay. Mr. Norton, a tireless advocate for veterans' causes who was instrumental in organizing the remembrance day for more than Quincy Sun file photo/Tom Gorman 30 years, passed away Oct. 20 at the age of 76.

district has seen in the past decade. There were 685 kindergartners than were enrolled at the same point during the previous year and 31 fewer than the 716 that were enrolled at the beginning of the 2014-15 school year, the second smallest kindergarten class the district has seen since 2011-12.

Students in grades four through twelve were eligible to begin learning under a hybrid model after beginning the year learning through a fully remote model. Parents still had the option of keeping their children at home where they would continue learning remotely.

Health Commissioner Ruth Jones said residents could not afford to let their guard down and urged them to continue taking steps to stop the spread of COV-ID-19, including social distancing, wearing masks and frequent hand washing.

people to let their guard that are Residence A, and opportunity, along with my students in kindergarten as down, but I think people are they are the ones we want colleagues, to formally recof Oct. 1. That is 94 fewer tired of wearing their masks to protect," Phelan said. ognize all of the contribuand they are tired of being so careful. I understand it, but it is probably the most important time to keep those guidelines and keep doing what we're doing," Jones said during a City Council meeting.

The total number of cases in the city since February had reached 1,820, 68 of which were active. Jones said the average of age of new cases since Sept. 1 was 36; the average age of those infected prior to September was 51.

City councillors begin reviewing an ordinance, introduced by Ward 5 Councillor Charles Phelan Jr., to regulate short-term rentals. The ordinance would prohibit short-term rentals within Residence A zoning districts among other measures.

"If you look around the city, some of our strongest

"This is not the time for neighborhoods are ones me to be able to take this "In Residence A neighborhoods, families coming in were being outbid on single-family homes... people were buying them [because] they were going to make a business out of it, which is not why we have Residence A homes."

Councillors recognized the month of October as Filipino American History Month.

"A lot of people talk about how diverse Quincy is and they have been for quite a number of years. I think, to speak frankly, a lot of people say there is a huge Chinese and Vietnamese population here, but believe it or not, Quincy is home to the second largest Filipino population across the commonwealth, second only to Boston," City Council President Nina Liang said.

"It's really an honor for

tions of all of our Filipino residents and our business owners."

Koch asked the City Council to use \$5 million in community preservation funds to purchase 797 Quincy Shore Drive, formerly home to the Beachcomber, and 0 Harriet Ave., a vacant parcel. Both lots would be set aside for open space. Developers had previously come forward with plans for both sites, which were met with opposition from area

Friends of Lawrence Norton, a decorated Vietnam veteran, remembered him as a tireless advocate for the nation's veterans and their families. Mr. Norton, who died Oct. 20 at the age of 76, was the longtime president of the Quincy Chapter of the Vietnam Combat Veterans

Cont'd On Page 19

from all of us at The Quincy S

ROBERT BOSWORTH MARIE D'OLIMPIO SCOTT JACKSON

LAUREN CREED TOM JOYCE

LYNNE McKEEVER **SUSIE FALCO** LARRY CARCHEDI

DONNA GRAY DOLLY NEWMAN

KELLY BOGNANNO TOM GORMAN LIAM GAMBON

BOBBIE MacLEAN BARBARA GRACEFFA

WAYNE WESTCOTT

Sgt. Karyn Barkas, Quincy Police Department **Ruth Jones, Quincy Health Department** Robert Glynn, Norfolk Registry Of Deeds

City Mourns Loss Of Veterans Advocate Larry Norton

Cont'd From Page 18

Combined Armed Forces and helped organize annual ceremonies in Marina Bay to honor the 48 Quincy men killed in the war.

"We started in 1987 at the clocktower. He made sure every year it got bigger and bigger and bigger," said Thomas Bolinder, a Vietnam veteran who helped organize the events with Mr. Norton. "He put his heart and soul into it."

The legacy of John Adams was recalled during a ceremony to commemorate the second president's 285th birthday on the eve of this

2020 The Year in Review

year's presidential election. Koch said he would enjoy being able to speak to Adams about the state of the world today and noted the second president had expressed reservations about the two-party system that was beginning to emerge during his time in office.

"I would love to have a conversation today with John Adams about the world we live in. We know what he stood for and how principled he was. I'm sure he would have been delighted

with the leadership of Abraham Lincoln, but I think he would agree we still had a ways to go," Koch said.

"For those who know a little bit about his thoughts and writings and speeches, he was very concerned about the party system that was developing in his days and we're seeing that deep divide created by that extreme ideology on both sides."

Deaths during October included:

James F. Duggan, 86,

Auto Dealers Association; Nancy A. Carroll, 87, crossing guard; Glenn T. Munn, Bronze Star recipient; Leonard W. Harding, 96, past elder, Fort Square Presbyterian Church; Virginia Mahoney, 99, school department employee; Beatrice E. Kanelos, 87, Wollaston Florist co-owner; Florence K. Counihan, special education teacher; Patricia M. Heald, 74, elementary school teacher; Ralph E. Richardson, state trooper; Marie A. Marini, 94, co-owner, Fashion Quality Cleaners; Nellie Dryer, 99, Merrymount

past president, South Shore School cafeteria manager; COVID-19 cases and hos-Vincent M. Flaherty, Quincy police officer; and Marion A. Rizzotti, 94, Fowler House owner.

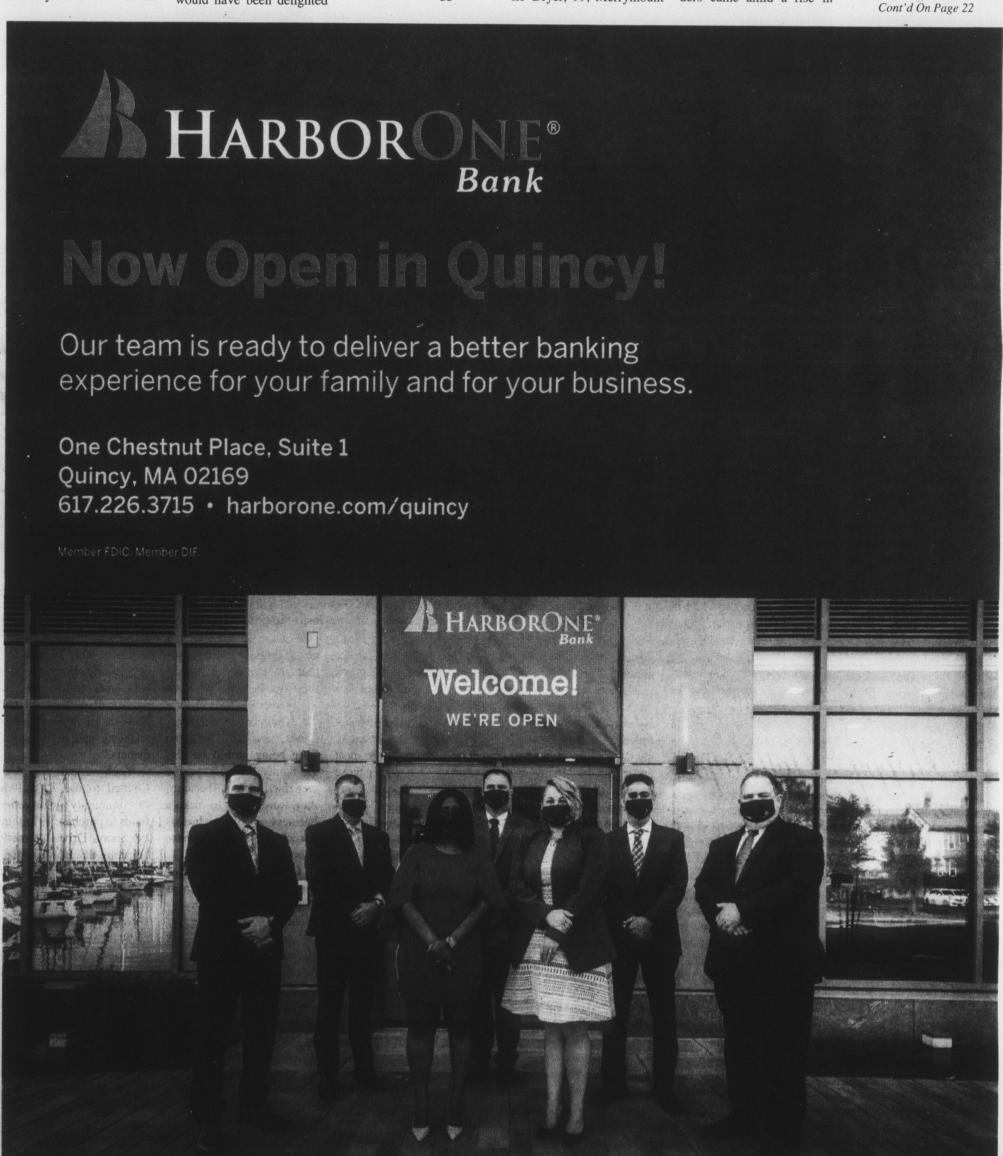
NOVEMBER

To curb the spread of the coronavirus, Gov. Charlie Baker announced a new stay-at-home advisory that asks residents to remain home overnight, imposed new limits on gatherings at private residences, set a new closing time for a variety of businesses, and toughened the requirement to wear masks in public settings.

The governor's new orders came amid a rise in

pitalizations in Massachusetts. Baker warned the state's health care system could be overwhelmed by the end of the year if no action was taken.

"If we do nothing and stay on the track we're on now, we'll create capacity problems for our health care system by the end of the calendar year," he said. "Imagine what that would be like for your friends and neighbors who work in health care if cases and hospitalizations continue to rise at double digit rates straight



200 Volunteers Assist With Wreaths Across America

By SCOTT JACKSON

More than 200 volunteers helped adorn 7,300 veterans' graves in Quincy with fresh balsam wreaths as part of National Wreaths Across America Day.

Wreaths were placed on the graves of veterans interred at seven cemeteries throughout the city, including the 4,839 buried at Mount Wollaston and 2,078 buried at Pine Hill, on Dec.

The volunteers began placing the wreaths at noon on that day and were finished at those two locations shortly after 1 p.m., even though a nor'easter had left about a foot of snow on the ground just two days prior.

"We had a much better turnout than expected given the circumstances," said George Nicholson, the city's director of veterans' services. "The citizens of Quincy turned out once again to take care of their own.

"I got a bit of a kick out of seeing all those people coming and going and watching those big boxes of wreaths disappear."

Christine Cugini, who coordinates the Wreaths Across America program in Quincy, said a number of athletes from the city's high schools, younger students



WREATHS GRACE the snow-covered graves of veterans during Wreaths Across America at Mount Wollaston Cemetery Dec. 19. More than 200 volunteers helped adorn 7,300 veterans' graves in Quincy with fresh balsam wreaths as part of National Wreaths Across America Day. Quincy Sun photo/Tom Gorman

and Boy and Girl Scouts volved was impressive," she were among those who vol-said. "Everyone was happy unteered for the task.

"Seeing everyone in- side."

to be there, happy to be out-

year National Wreaths Across America Day was

This marked the third a Navy veteran, was inspired to bring the initiative to the city after attending the observed in Quincy. Cugini, event at Arlington National

Cemetery in 2017.

"Once I participated in that, I knew bringing it to Cont'd On Page 21

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* Source: www.bls.gov

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200 Volunteers Assist With Wreaths Across America

Cont'd From Page 20

Quincy was the right thing to do," she said.

In 2018, the event took place at Mount Wollaston Cemetery to gauge local response to the program. It then expanded to the six other cemeteries, including Pine Hill, in 2019.

Cugini said planning is already underway for next year's National Wreaths Across America Day. The national organization behind the initiative will match each wreath sponsorship made through Jan. 15.

"It's a good time to get the ball rolling for next year," Cugini said.

Donations can be made online at wreathsacrossamerica.org or by mail to: Quincy Wreaths Across America, PO Box 690432, Quincy, MA 02269.

Nicholson said volunteers are also needed to help remove the wreaths on Jan. 30. Anyone interested in doing so can contact the Veterans Services Department at 617-376-1192.

Across the United States, more than 1.7 million wreaths were placed on veterans' graves at 2,557 participating locations as part of National Wreaths Across America Day this year.

Cont'd On Page 39



LILLIAN TROUP, 6, places a wreath on a veteran's grave as her mom, Kerry, looks on. They were among the more than 200 volunteers who helped place fresh balsam wreaths on 7,300 veterans' graves in Quincy as part of National Wreaths Across America Day Dec. 19. More photos on Page 39.

Quincy Sun photo/Tom Gorman

QUINCY COLLEGE Start your new year here!

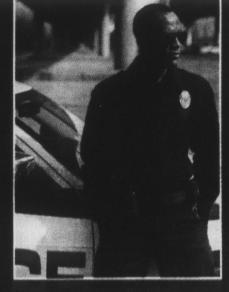
Spring classes start January 20th, 2021



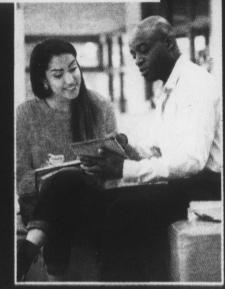
- General Biology I & Lab
- Nutrition & Lab
- Anatomy & Physiology I
 & Lab
- Microbiology & Lab



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- Principles of Customer Service
- Business Ethics
- Organizational
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- Criminal Law



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- Substance Addiction
 Older Adults
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QC

Record 45,840 Quincy Voters Help Elect Biden **Next President**

Cont'd From Page 19

into and through the holiday season. Double shifts, no time for families, the same urgency and demands on their time that we placed on last spring."

North Quincy High School was shut down for two weeks, with students learning remotely, after school administrators learned 70 students attended Halloween parties over the previous weekend.

A two-alarm house fire claimed the life of a North Quincy woman. Marie Gardner, age 64, was killed in the Edwin Street fire. Fire Chief Joseph Jackson said the fire likely started in the kitchen of the single-family home and did not appear suspicious.

Joseph Biden, the Democratic nominee for president, unseated incumbent Republican Donald Trump. Biden, a former vice president, flipped five states Trump won in 2016 - Arizona, Georgia, Michigan, Pennsylvania and Wisconsin - en route to winning 306 electoral votes. Biden received 81 million votes nationwide, the most in the U.S. history.

Biden, who turned 78 after the election, will be the oldest president when he is sworn in on Jan. 20. He will also be the first Delaware resident to become president and the second Catholic. Biden's running mate, California Sen. Kamala Harris, will become the first woman vice president. She will also be the first Black and first Asian-American vice president.

Democratic candidates running for federal, state and county offices swept the ballot in Quincy in the election. Biden outpolled Trump in the city 30,165 to 14,283; incumbent U.S. Sen. Ed Markey outpolled Republican challenger Kevin O'Connor 30,279 to 13,793; and incumbent U.S. Rep. Stephen Lynch bested independent candidate Jonathan Lott 33,113 to 8,054.

In the race for county sheriff, Democratic challenger Patrick McDermott outpolled Republican incumbent Jerry McDermott 29,330 to 13,065 in Quincy and finished with 60.41 percent of the vote countywide. Other Quincy incumbents winning contested races

were Sen. John Keenan, Rep. Ronald Mariano and County Commissioner Joseph Shea. Richard Staiti, a Canton Democrat, also won a seat on the county com-

Turnout in Quincy was 71.88 percent, with 45,840 of the city's 63,770 registered voters casting ballots. The total number of voters broke the previous record set in the 1960 presidential election, when 45,565 of the then 49,509 registered voters went to the polls, a turnout of 92 percent.

Councillors Nina Liang, Brian Palmucci and Noel DiBona introduced an ordinance seeking to establish a Department of Social Justice. The proposed department would be led by a director appointed by the mayor. The director would be tasked with working "to create equity and inclusion among all populations in Quincy by providing cohesiveness and serving as a channel for numerous departments, a resource for the school department, and staff programs and activities to promote inclusive excellence and welcoming environments for all."

Palmucci said the department was inspired by a series of meetings he, Liang and Councillors Brad Croall and Anne Mahoney had hosted over the summer. Residents had made several suggestions during those meetings that the city had already undertaken, Palmucci said.

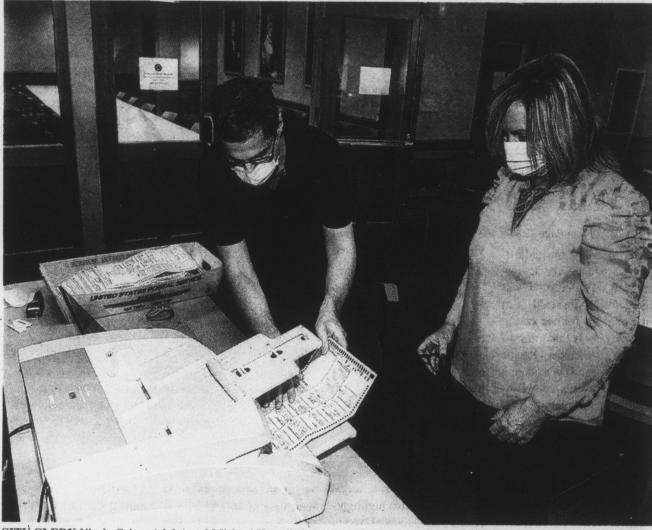
"These things are already happening in Quincy, but most residents don't know that," he said. "That's in part because we don't have a central office that coordinates, tracks, reports and works on these efforts on a regular basis - and that's what this ordinance seeks to

More than 100 residents gathered on Veterans Day to pay tribute to those who have served in the nation's armed forces and those who continue to do so, as well as their families. George Nicholson, Quincy's director of veterans' services, thanked those in attendance for their presence and said it shows how Quincy is the most patriotic city in the country.

"We have a reputation as the most patriotic city in America and your presence



Nov. 3 as a poll worker looks on. Democratic challenger Joseph Biden and his running mate California Sen. Kamala Harris defeated Republican incumbent Donald Trump and Vice President running mate Michael Pence in Quincy enroute to winning the White House with 306 electoral votes. In Quincy, Biden/Harris received 30,165 votes to 14,283 for Trump/Pence. The library serves as the polling place for Ward 1 Precinct 3. Quincy Sun Photos/Robert Bosworth



CITY CLERK Nicole Crispo (right) and Michael Howell of the city's Information Technology Department feed some of the 289 ballots counted Nov. 9th at City Hall into a tabulator. Those ballots include those that were postmarked by Election Day Tuesday, Nov. 3 and received by 5 p.m. on Friday, Nov. 6 and others that were brought to City Hall on Election Day. More ballots were cast here in this year's election - 45,840 - than in any prior election. The previous high mark for votes cast was the 1960 Presidential Election when 45,565 Quincy voters went to the polls and helped elect John F. Kennedy as the nation's 35th president.

here today is more validation of that reputation," Nicholson said. "Our veterans always have been and always will be very special to this city."

Prior to the ceremony, the city held an informal parade on Circuit Road to honor Dean Schaeffer, a Marine Corps veteran of World War II and Korea who turned 100 on Veterans Day.

"My best wishes to all of you for many happy years like I have enjoyed," Schaeffer wrote in a letter that was read during the ceremony.

"Work hard, help each other, enjoy your life, love your family and our beautiful city of Quincy. Thank God every day for your blessing."

The City Council's ordinance committee approved a land disposition agreement that would allow LBC Partners to acquire two undeveloped portions of the Hancock Lot in Quincy Center. LBC planned to construct a pair of buildings with 360 apartments and thousands of square feet of street level retail on those parcels. The developer would pay the city

\$4.8 million for the land.

Grumpy White's - the Sea Street stalwart known for its fried chicken, macaroni and cheese and other family favorites - served its last meal after 40 years in business. Owner Bob White said he planned to retire.

"I've been there 40 years - more than half my life - it was good run," White said. "I feel a little sad about closing it, but I'm 74 years old now and it was getting tough to run."

The Quincy High School girls' volleyball team won

the Patriot Cup, a leagueorganized tournament, capping off an undefeated 13-0 season. Quincy bested Duxbury in the final of the tournament, 3-2; those were the only two sets Quincy lost all

Quincy Sun Photo/Robert Bosworth

Duxbury won the first two sets and were a point away from winning the match in the third set before the Presidents rallied for the win. Coach Jacqui Niosi credited her players for the comeback.

"The mental toughness Cont'd On Page 23



QUINCY HIGH VOLLEYBALL CHAMPS – Quincy High School girls volleyball team defeated Duxbury 3-2 on Nov. 20 in the Patriot Cup finals. The Presidents came back down 2-0 to win 3-2. Quincy finishes the season undefeated, 13-0. Kneeling (left to right): Assistant Coach Julie Krieger, Ivy Zhou, Kelsy Duong, Hanna Valenzuela, Mona Ly and Volunteer Coach Julianne Gazzola. Standing (left to right): Team Manager Gabriella Franceschini, Assistant Coach Tricia Wong, Assistant Coach Marybeth Torpey, Alyssa Ruan, Annika Schmitt, Alyssa Ryan, Colleen Moran, Emma Glavin, Ashley Grehan, Priscilla Bonica, Rachel McKenna, Bridget Hoare, Assistant Coach Jacquie Principi and Head Coach Jacqui Niosi.

Photo Courtesy Kevin Mahoney

Average Home Valued At \$517,300, Up From \$492,900; Average Tax Bill Will Cost \$6,280

Cont'd From Page 22

they showed, the adjustments we made, the aggressiveness on defense – it was incredible," Niosi said. "I'm just so happy for our kids."

There was no annual Quincy Christmas Parade held this year. It was among the many events called off because of pandemic. This was only the second time in the 68-year history of the event that the parade was cancelled. The parade was not held in 1993 because it rained on back to back Sundays.

Deaths during November included:

Ruth L. Mahoney, 81, Quincy schools transportation coordinator; Katherine J. Callahan, 80, Boston schoolteacher; Robert A. Hemphill, 78, Boston school bus driver; Priscilla A. Almquist, 81, owner, Almquist Flowerland; Walter F. Clare, 93, lieutenant, Quincy Fire Department; Joseph L. Buccini, 86, owner, Buccini's Mister Sub; Theresa O. Davis, 93, past president, National American Gold Star Mother's Association; Richard J. Horrigan, MDC Police detective; Harold E. Hutchings Sr., Nickerson Post past commander; Walter R. Tausevich, Jr., 85, Massachusetts

Striped Bass Association vice president; and Rocco C. DiTullio, 78, owner, Rocco's Barber Shop.

DECEMBER

A dozen residents, many of them veterans, gathered at Mount Wollaston Cemetery for a solemn ceremony to remember the 2,400 Americans killed 79 years prior during the attack on Pearl Harbor. George Nicholson, the city's director of veterans' services, said Quincy would never forget that day and also highlighted the role Quincy played in World War II, including the construction of ships at the Fore River Shipyard and the training of pilots at the naval air station in Squantum.

"We had a significant part to play and we did our part significantly during the Second World War so that we can all live the way we are now," he said.

The City Council passed a series of financial measures, introduced by Mayor Thomas Koch, to reduce tax rates for next year. Those included \$2.7 million in budget cuts, using \$2 million in free cash to reduce the tax levy, and withdrawing \$6.3 million from the city's rainy day fund and second reserve account.

The average tax bi



REMEMBER PEARL HARBOR – Quincy Veterans Services Director George Nicholson holds a framed front page early edition of the Honolulu Star-Bulletin printed Dec. 7, 1941 - the day of infamy when imperial Japanese planes deliberately attacked the U.S. Naval Base at Pearl Harbor propelling the United States into World War II. Quincy held a Pearl Harbor Remembrance Ceremony Monday at Mount Wollaston Cemetery commemorating the 79th anniversary of Pearl Harbor and the more than 2,400 servicemen and women and civilians who were killed in the attack. At left is a wreath placed at the World War II Granite Memorial at the cemetery.

Quincy Sun Photo/Robert Bosworth

for a single-family home is set to increase by \$154 next year to \$6,280 following those measures. The average home is now valued at \$517,300, up from \$492,900.

The council also approved using \$5 million in community preservation money to purchase the former Beachcomber on Quincy Shore Drive and a vacant parcel at 0 Harriet Ave; both will be set aside for open space.

As coronavirus cases and hospitalizations continued to climb, Gov. Charlie Baker announced hospitals would have to curtail inpatient elective surgeries. In addition, the governor rolled the back the state's reopening plan a step, meaning the closure of some indoor spaces and capacity reduc-

tions at others.

As federal regulators approved the first COVID-19 vaccines, Baker detailed plans to vaccinate all residents of the state free of charge over the coming months.

"We are several months away from vaccinating a majority of people of Massachusetts," Baker cautioned. "We are certainly not out of the woods yet and it is critical that people continue following the state guidance and preventive measures that so many of you have abided for the past ten months."

For repeated violations of state COVID-19 rules, the Board of License Commissioners ordered the Craic Pub on Washington Street to close until the state enters the final phase of the gover-

nor's reopening plan.

Paul Hines, the city's commissioner of public buildings, said work on the DeCristofaro Learning Center was set to begin in the spring of 2021 and would take two years to complete. The building will serve students with up autism up to eighth grade.

The city of Boston claimed a legal victory in Suffolk Superior Court in its ongoing dispute with the city of Quincy over plans to build a new bridge to Long Island. Koch said Quincy planned to appeal the decision and noted the city had other challenges to the project underway.

The School Committee confirmed the selection of Julie Graham as the district's new special education director. She spent 18 years

as a teacher at the Snug Harbor School before joining the special education team at the central office in 2016.

The City Council approved a land disposition agreement that would allow developer LBC Partners to construct two new apartment buildings on the Hancock Lot in Quincy Center. The project must still be vetted by the Planning Board.

Deaths during December included:

John W. "Butch" Mahoney, 84, Quincy social health coordinator; Mary F. Hagan, 94, past president, Tobin Towers Tenants Association; Lorraine T. Rooney, 89, Quincy Youth Arena bookkeeper; Laura Griffin, former Quincy Sun reporter; Jacqueline A. Gardner, 76, director, American Red Cross; and Frederic A. Santoro, Quincy firefighter.

SELLER

Kasem Choosri & Jintana Ngoensombat Julia Anne Hajjar Trust Agreement of 2011 Eugene D. & Desiree Flores Marishel Properties LLC Merrimack Institute LLC Edward & Diane MacCormack Brendan M. Pembroke Alexis Benner **Barham Realty Trust** Paul E. O'Neil Bayview at 150 Hancock LLC Michael J. Moody Lan D. N. Tran Randy A. Graulich **Emerald Investments LLC** JZ & SL Development LLC Andi & Argita Domazeti Jeffrey & Patricia Graeber

BUYER

Licheng & Grace Huang Charles C. & S John Hajjar Colleen B. Healy & John A. Foulsham Chenxi Wang Virtual Capital Group LLC Kathleen Muh Jiayi Liu Jack Finucane Shumins Mill Street LLC Haiping Chen & Su Y Zeng 150 Hancock Street Realty LLC Juliana Hatfield Ren Li & Haizem Liu O'Flaherty Realty & Investment Group LLC Fumika Yamazaki-Burdett & Dylan H. Gough Stephen & Meredith Lombardi Leah JW Jaffe & Anne E. Carpenter William G. Spirito & Maria L. Calderon

ADDRESS AMOUNT

\$550,000.00 140 Presidents Lane \$480,000.00 255 South Street 69 Quarry Street \$459,620.00 999 Hancock Street, Unit 410 \$445,000.00 \$240,000.00 651 Sea Street \$325,000.00 200 Rhoda Street 150 Quincy Avenue, Unit 1C \$560,000.00 \$817,000.00 227 Granite Street \$900,000.00 610 Hancock Street \$399,900.00 23 Payne Street \$6,200,000.00 150 Hancock Street 16 Manet Avenue \$265,000.00 \$840,000.00 285 East Squantum Street \$250,000.00 107 Spring Street 30 Larry Street \$425,000.00 \$520,000.00 178 Highland Avenue \$470,000.00 15 Phipps Street 43 Park Street \$640,000.00

Donnell Promotes Protection Against Real Estate Fraud

Register of Deeds William P. O'Donnell is reminding Norfolk County homeowners of a free online Consumer Notification Service offered by the Registry of Deeds to protect county property owners against fraud.

"The Federal Bureau of Investigation continues to assign resources to combat property/deed and mortgage fraud," O'Donnell said. "Many jurisdictions across the country have reported unscrupulous individuals recording fraudulent land documents making it appear they own another person's home or property. Fortunately, we have not seen this type of crime take place in Norfolk County. My intent up instructions. here is not to upset county property owners but to make sure my office is out front helping consumers protect

Any owner of real property in the 28 communities comprising Norfolk County can join the approximately 1,300 homeowners already utilizing the service by signing up for the Consumer Notification Service free of charge by doing the following: Go to the Registry's website www.norfolkdeeds. org, and click on the Consumer Notification Service Get Consumer "Alerts" button to complete the initial registration. From there, follow the remaining sign-

Once you have signed up for the service, each subscriber will be able to input two names, individual or business, and the corresponding city or town in Norfolk County for monitoring. They can monitor their real estate records for such activities as changes in deeds, mortgages, mortgage discharges, non-mortgage liens, Homesteads or other land documents that might be recorded against the property.

"The process to signup for the service is user friendly and will only take a few minutes of your time," O'Donnell said. "While the program will not prevent the fraud, it will allow residents to find out about it in a more timely manner."

If a document is recorded against one of the names inputted for monitoring, the subscriber will be alerted via email, usually within 24 hours. The person can check the Registry's online land research records at www.norfolkresearch.org as an option. If a subscriber believes a fraudulent land record has been recorded against their property, they should then immediately contact the Norfolk County Registry of Deeds Customer Service Center at (781) 461-6101. After talking with a Registry employee, the subscriber will be given a list of public safety referrals by the

"While we live in extraordinary times, the core mission here at the Norfolk County Registry of Deeds

remains the same - make sure the recording of land documents is accomplished in a secure, accurate and accessible manner," O'Donnell said. "I also want to make sure my office is taking any and all steps to minimize the effects of fraudulent activity related to land document recordings. The Registry's Consumer Notification Service provides a level of protection to the program's subscribers against dishonest individuals who commit real estate or land document fraud. After all, the biggest asset most of us have is our home. I urge people to sign

To learn more about these and other Registry of Deeds events and initiatives,

up for this free program."

like us at facebook.com/ NorfolkDeeds or follow us on twitter.com/Norfolk-Deeds and Instagram.com/ NorfolkDeeds.

The Norfolk County Registry of Deeds is located at 649 High St. in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information.

All land record research information can be found on the Registry's website www. norfolkdeeds.org.

Residents in need of assistance can call (781) 461-6101, or email registerodonnell@norfolkdeeds.org.

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First Baptist Church

First Baptist Church Ave., Quincy, holds an online remote worship service and is also open for the congregation for limited seats

Pastor David Choi will preach his sermon: "God's Gift" (Romans 12:6-8).

The church online dialin/web meeting weekly schedule is:

• Sunday 10:30 a.m. Sunday Worship Service

• Wednesday 6:30 p.m. Community Group Meeting - Gospel of John

• Thursday 6:30 p.m. Biof Wollaston, 81 Prospect ble Class - Epistle of Paul to Romans

> • Friday 11 a.m. Prayer **Group Meeting**

> For those who want to go to church and attend the Sunday service, make reservations for each and every week by dialing 617-472-0824, if needed leave a mes-

> For online Sunday worship service, go to www. firstbaptistchurchofwollaston.org/ for the conference call number.

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Habits That Can Wreck Your Teeth

A Message From Ruth Jones, City Of Quincy Health Commissioner

By RUTH JONES MSPH, BSN, RN, BC, CP-FS

Mostly everyone is aware of the basics of keeping your teeth healthy: brush, floss, visit the dentist twice a year. But there are some surprising habits and lifestyle choices that could be damaging your dental health.

Chewing Ice

Chewing ice can lead to permanent damage to your teeth, leaving small cracks in the enamel. These cracks can expand over time and ultimately cause a tooth fracture, requiring a trip to the dentist and repair of the cracks. If you find yourself chewing ice, try opting for chilled water instead, or order your drinks without ice to avoid the destructive urge to chew those cubes.

> **Sports without** a Mouth Guard

An estimated 5 million teeth are knocked out every year through sports activities. According to the American Dental Association, mouth guards prevent 200,000 sports-related mouth injuries every year.

As a matter of fact, the Academy for Sports Dentistry recommends mouth guards for more than 40 various sports.

Baby Bottle Tooth Decay

As exhausted as parents may be, it is not recommended to tuck your bouncing bundle of joy in to bed with a bottle in their mouth. That's because of a condition-termed baby bottle tooth decay. Bottles of milk at bedtime increase the risk of early dental decay in baby's mouth. Prolonged exposure of the sugar in milk reacts with mouth bacteria to break down tooth enamel and instigate decay.

Tongue Piercings

Tongue piercings can cause multitudes of problems to the teeth, and mouth overall. Piercings may trigger teeth to chip or break and can rub against the gums causing permanent gum recession, leading to sensitivity and tooth loss. Repeatedly clicking the jewelry against teeth and accidentally biting down too hard on the piercing can damage teeth and fillings.

Teeth Grinding

In the US, approximately 30 to 40 million people grind their teeth. Teeth grinding, also known as bruxism, can be an inherited trait, and it is frequently correlated with stress or anxiety. While teeth grinding can happen at any time, the majority of people grind their teeth without being aware of it, while sleeping. Teeth grinding may pose a range of health problems to your mouth including chipped tooth enamel, cracked teeth, loose teeth, worn-down teeth, joint problems, and tooth loss. Because teeth grinding often happens while asleep, many people don't realize they're doing it. Speak to your dentist if you suspect you may

Cough Drops

be grinding your teeth.

A cough drop may ease a sore throat, but many of them can worsen dental problems. Cough drops usually contain a large amount of sugar causing bacteria to proliferate. As they multiply, so does your chances of tooth decay and gum disease. Rather than consume typical cough drops, look for sugar-free options in-

Gummy Candy

Most people are aware that sugar can lead to cavities. Candy that sticks to the teeth can get trapped between the crevices of a tooth, and saliva is unable to wash it away. Some sugary treats to avoid include gummy candies, caramels, raisins and other dried fruits, and jelly beans. Most of these candies can be found in sugar-free varieties. Choose these options instead for healthier teeth. If you insist on giving in to your sweet tooth, proper brushing and flossing after consuming these goodies can help.

Soda

Frequent soda drinking essentially bathes your teeth in sugar and leading to dental decay. Additionally, increased acid exposure works to erode tooth enamel and can cause tooth sensitivity. Minimize the enamel erosion by rinsing with water after your teeth have been exposed to acidic beverages: Cut back on the soda and opt for the healthier choices like water. Wait at least 30 minutes before brushing with a soft toothbrush after acid exposure to avoid further breakdown and wear of your enamel.

> **Using Teeth to Tear Into Packaging**

Although it may seem convenient at that moment, opening potato chip bags,

bobby pins, or even bottle caps with your teeth can cause teeth to chip or fracture. To protect your teeth, reach for the proper tools for such tasks instead.

Fruit Juice

Fruit juice can be a healthy choice due to its vitamin and mineral content. But this benefit can be diminished by the presence of high amounts of sugar in fruit juice. The amount of sugar in naturally sweet fruit juice is usually underestimated. For example, apple juice contains approximately as much sugar as the same volume of soda. Diluting the fruit juice with water helps reduce sugar content and minimizes detrimental exposure to your teeth.

Constant Snacking

Continuous snacking throughout the day, results in food debris and plaque sitting on your teeth for prolonged periods of time. If you must snack between meals, consider snacking on cleansing-type foods that minimize plaque buildup. A few good choices are apples, carrots, and celery.

Pencil Chewing

We often unconsciously chew on pens/ pencils or bite objects when we are concentrating. This places increased pressure on teeth, which can cause them to chip or fracture over time. If this is a nervous habit, try a healthier alternative. Chewing sugarless gum can

RUTH JONES

prevent tooth damage, and it also stimulates saliva production and helps to cleanse teeth in the process.

Smoking

Tobacco use dries out the mouth and increases the amount of plaque buildup around your teeth. Compared to nonsmokers, smokers are more likely to lose teeth due to gum disease. Additionally, tobacco use is a high risk factor for oral cancer. Seek assistance from professionals to increase your chances of success in kicking this unhealthy habit.

Binge Eating

Binge eating usually involves consuming large amounts of sugary foods and drinks, which maybe the forerunner of dental decay. Binge eating may also occur with another eating disorder such as bulimia, in which the food is purged by vomiting. Because vomit is highly acidic, it can erode and destroy teeth over time. Medical care and intervention are important to address these eating disorders.

Ruth Jones is the health commissioner for the City of Quincy.

READERS FORUM

Thank Those Who Have Quit Vaping, **Smoking Or Using Other Tobacco Products**

Dear Editor,

This holiday season, I'd like to remind readers to thank a co-worker, friend or family member who has quit vaping, smoking, or using other tobacco products. 2020 has been a year full of stresses for many of us and staying tobacco free may have been hard for people you know. This is especially significant now since smoking and vaping may harm the lung's ability to fight off infections, including CO-VID-19.

Nicotine is the very addictive substance in tobacco and many vape products. It takes most people with a nicotine addiction several tries to quit for good. So reach out to those who have conquered this addiction. Let them know you are proud of how hard they're

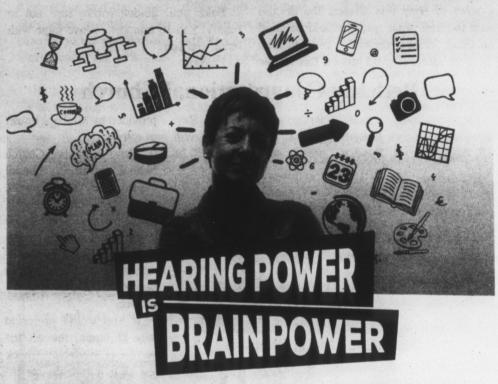
working to better their wellbeing. Thank them for improving their health and the health of the people around

The holidays are also a great time to support your friends and loved ones who are trying to quit vaping, smoking or other tobacco products. Even if they have tried quitting in the past, encourage them to keep trying - they learn something new every time they try to quit.

People who smoke or vape can call 1-800-QUT (1-800-784-8669) for FREE coaching from the Massachusetts Smokers' Helpline through phone and web, 24 hours each day, seven days a week (except Christmas) or enroll online through makesmokinghistory.org. Adults who work with a coach can receive up to eight weeks of free nicotine patches, gum or lozenges (with medical eligibility). And, this year, the Massachusetts Smokers' Helpline is also offering up to \$50 in gift cards to Massachusetts residents who use menthol tobacco products and participate in coaching services!

Quitting is hard—give thanks to someone in your life for quitting or for trying to quit. Every email, text message, phone call, or encouraging word makes a difference.

Mary Cole Program Manager, Greater Boston Tobacco-Free Community **Partnership Bay State Community Services** 1120 Hancock St. Quincy



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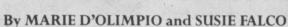


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Tobias Hearing.com AUDIGY

WHAT'S COOKING

Marie & Susie





Sour Cream Honey Muffins

By MARIE

Today's recipe combines honey and sour cream. I have never used honey and sour cream together in a muffin before and the combination was really different and

Honey is one of the most natural and widely-used sweeteners and it is used all over the world. They say when baking with honey it will make cookies, cakes and pastries last longer.

Preheat oven to 425 degrees. Grease a 12-cup muffin pan.

Ingredients and Directions

- 1 3/4 cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 3 tablespoons honey
- 1 egg
- 1 ½ cups sour cream

Sift the dry ingredients together and put in a mixing bowl. Add the egg and beat until well blended. Add the honey and sour cream and mix well. Pour batter into muffin tins and bake 20 minutes. This recipe makes 1 dozen muffins.

Hard Tack (A Cracker/Bread)

By SUSIE

When I was in college and sometime after, I taught a cooking class to children in Milton. Looking back I can not believe all the neat things that we cooked. And all we learned together.

One of our favorite things is called "Hard" Tack" (sometimes referred to as sea bread). I think this is a good recipe for this time of year when families are trying to navigate through all the difficulties over these holidays. Cooking and learning combined is always a fun and educational and the kids will love these.

Here's a mini lesson on Hard Tack. During long and extended voyages of yore, the sailors were unable to keep many foods on the ships because they would get rancid or spoiled. Bread was one of them. Yeast bread got moldy quite fast yet the sailors bine craved it and it was important part to their meals as well as health.

Hard Tack had no yeast and did not spoil easily and ended up being an important staple to many meals. Try having it with a bowl of soup this winter, and discuss with the kids what spread would be good on these "cracker breads". You can look up more interesting tid bits on this unique

food, and I bet you've never had it before.

Hard Tack (a cracker/bread)

Preheat oven to 425

Mix 1/8 tsp baking soda with 3 tablespoons buttermilk. (If you do not have buttermilk make your own with vinegar or lemon and any milk, even almond milk. For every cup of milk is a tablespoon of vinegar or lemon) SET ASIDE.

Mix 1 cup flour (I use gluten free but you can use whatever flour you want); 4 TABLESPOONS real maple syrup, and 1/4 + 1/8 tsp sea salt

Cut in 1 1/2 tablespoons grass fed butter or non hydrogenated organic shortening

Add buttermilk with the soda and com-

Roll very thin with rolling pin (the kids love to do this)

Score into rectangles and prick with fork. This helps to bake best and separate into the "breads".

Bake until golden (make sure not to burn!) 5 to 10 minutes. I love mine with butter and jam.

Enjoy!

Bethany Congregational Church

any Congregational Church Patrick McCorkle will will have a regular Sunday preach and music will be

On Sunday Jan. 3, Beth-service at 9:30 a.m. Rev.

provided by Mr. Paul Frazer as soloist.

events at Bethany Church, and healthy produce. It is masks and social distancing are required. There is no group hymn singing or coffee hour. Masks and sanitizer are available. Areas in use are cleaned after every service.

If you would prefer to stay at home, the on-line service is available. Check the church website for instructions on how to watch.

Bethany Congregational Church is located at 18 Spear St., Quincy. The church website is: bethanycongchurch.org; telephone number is 617-479-7300.

Broad Horizons Preschool is open and accepting students both full and part-time.

To inquire and/or fill out an application, go to the website at Broadhorizonsbethany.com or call 617-471-0022.

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NEIGHBORWORKS HOUSING Solutions was among 25 recipients of HarborOne Foundation grants supporting the work of the region's non-profits as they help deserving families and individuals - especially those impacted by the COVID-19 crisis. Pictured left to right: Maureen Wilkinson, treasurer, HarborOne Foundation; Rob Corley, CEO, NeighborWorks Housing Solutions; Antoinette Pabon Green, board member, Neighbor Works Housing Solutions; and Jennifer White, president, HarborOne Foundation.

HarborOne Foundation Awards \$200,000 In New Round of Non-Profit Grants

NeighborWorks Housing Solutions was among 25 recipients of HarborOne Foundation grants supporting the work of the region's non-profits as they help deserving families and individuals - especially those impacted by the COVID-19 crisis. This new round of giving brings the 2020 total of grants awarded by the HarborOne Foundation to more than \$400,000.

NeighborWorks Housing Solutions (NWHS) will utilize grant funding to provide fresh produce and food to households in their Quincy and Weymouth housing units. These include some of the most vulnerable populations in NWHS housing such as veterans, formerly homeless individuals, lowincome families, the disabled and the elderly.

"COVID-19 has impacted so many. We have worked closely with our partners to make sure the people we serve, some of the most vulnerable in our communities, have the resources they need There will be Church to stay safe and healthy, School on Jan. 3. For all which includes fresh food because of the support of HarborOne and others, that we are able to provide these additional wrap around services to those we serve in Quincy and Weymouth," said Robert Corley, CEO of NeighborWorks Housing Solutions. "This is emergency aid that is urgently needed during an unprecedented time and goes directly to those in most need."

The HarborOne Foundation supports and celebrates



PICTURED LEFT to right: Joe Silva, Quincy Branch Manager, HarborOne Bank and Antoinette Pabon Green, Board Member, Neighbor Works Housing Solutions.

the work of community nonprofits including those organizations that promote educational opportunity, create access to safe and affordable housing and provide basic human services to our most

vulnerable citizens.-HarborOne Bank President Joseph F. Casey said this year the Foundation grants are aimed at making a difference as non-profits struggle to keep up with the needs of so many who have lost livelihoods and income because of the pandemic.

"So many of our neighbors are facing challenges to provide their family, or themselves, with basic necessities that many of us take for granted," Casey said. "All of us are needed right now to make a difference in the lives of families, of children, of elders and veterans who may not have food or shelter without our help."

Grantees include:

NeighborWorks Housing Solutions: Received a \$15,000 grant to provide fresh produce and food to residents in Quincy and Weymouth housing units. These include veterans, formerly homeless individuals, low-income families, the disabled and the elderly.

Cradles to Crayons: Received a \$10,000 grant to support the organization's 'Gear Up for Winter' initiative. Funds will provide 303 low-income and homeless children across Massachusetts with seasonal clothing, winter coats, hats, gloves, footwear, and other basic essentials (i.e., hygiene kits, diapers) they need to stay safe and warm, attend and participate in school, play outside, and engage in all of life's activities during the cold winter weather.





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Lawmakers Approve Police Refo

By SCOTT JACKSON

Gov. Charlie Baker is expected to sign into law this week a sweeping police reform bill after lawmakers on Beacon Hill approved revisions to the legislation.

Among other measures, the bill would establish a new system for certifying police officers in the state and creates a new panel that would have the ability to decertify officers for misconduct.

Lawmakers approved the original version of the bill in early December. Baker returned it to the Legislature, however, citing concerns over several provisions in that version of the bill, including a limit on the use of facial-recognition technology and several definitions relating to officers' use of force. The governor also sought to keep the committee responsible for overseeing training of municipal police officers under the purview of the executive branch.

Senate negotiators worked with Baker to address those concerns and then the Senate voted 31-9 in favor of the amended version of the bill on Dec. 21. The House approved the revisions the following day without a rollcall vote.

Baker on Dec. 23 said he planned to sign off on the legislation this week.

Sen. John Keenan, a Quincy Democrat who voted favor in of the bill, noted lawmakers approved the bill following the killing of George Floyd, a Black man, at the hands of Minneapolis police officers, and the nationwide protests that followed earlier this year. The legislation also aims to address issues that have arisen in Massachusetts, Keenan said, such as overtime and detail scandals within the State Police and the Boston Police Department.

"One of the issues that was raised obviously was when George Floyd was killed. That prompted a lot of this and that was certainly a focus. Racial justice was a driver of this and an important part of this, but it is also I think just addresses other issues that have come up in law enforcement. We saw it in the State Police with the issue of overtime and detail fraud that went on for a long, long time. It's happened in other communities," Keenan said.

"We saw nine police officers in the Boston Police Department evidence room basically accused of doing a similar thing in terms of overtime. And then we just learned within the last two weeks of state troopers assigned to the traffic division not doing what they are supposed to do and falsifying records.

"To me, that is an important element of this as well. It is public funds that are involved in these matters and you have to change the culture as to details and overtime. If you want to do that type of work, you have to show up and do it in order to get paid."

"This bill addresses things like that," Keenan added. "It requires police officers, when they see other officer misconduct whether it be use of force or anything else, they have an obligation now to report that and I think that is very important and I know that there are many, many, many officers who believe that that is an important part of the legislation. They may not like the legislation overall, but they think that is an important part of the legislation, giving them the ability to address the issue of bad apples within individual police departments.

"Also, it would become

a specific crime for a member of law enforcement to submit fraudulent detail and overtime slips and we hope that will discourage the behavior.

"While there is certainly a racial justice component to the bill, there are provisions in it that are broader than that which I think are necessary."

The 129-page bill establishes a new nine-member Peace Officer Standards and Training Commission, also known as the POST Commission, which will be responsible for investigating allegations of misconduct and will have the ability to decertify officers.

The governor and attorney general would make three appointments to the committee each, following criteria outlined in the bill, and would jointly appoint the remaining three members. Three of the nine members would be police officers and the other six would be civilians, including a social worker and retired Superior Court justice.

The legislation ties qualified immunity - which shields police officers from civil liability in certain instances - in part to the decertification process.

"The version that came out of the House and Senate conference committee did not abolish qualified immunity," Keenan said. "What it did was send the issue to a committee to review and make recommendations on. Then only in an instance

where an officer has been decertified would the officer not be able to avail his or herself of the qualified immunity defense.

"So basically, if you lost your license, if you were decertified, and you were sued for that same conduct or if you were already decertified or not licensed and ultimately sued for some conduct that occurred while you are on the job, you would not be able to assert qualified immunity.

"It is pretty limited with the idea that that issue will be studied, reviewed, and then there will be recommendations to the Legisla-

Keenan said that residents and individual police Cont'd On Page 36

Quincy Point Getting New Bakery

By SCOTT JACKSON

A new bakery plans to move into a shuttered Dunkin' Donuts location in Quincy Point.

The Board of License Commissioners on Dec. 22 granted a common victualler to Brazilian Flavors Bakery. It will be located at 825 Southern Artery, which is on the corner of Washington Street within the parking lot of the Quincy Point Congregational Church. The building had been home to a Dunkin' Donuts restaurant for many years.

Manager Vanderly Martins Gomes said the new eatery would be a full-service bakery and would also offer coffee to customers.

Health Commissioner Ruth Jones said the owner does plan to make some changes to the building before opening the new bak-

Its licensed hours will be 7 a.m. to 10 p.m. seven days

The board on Dec. 22

also granted a common victualler license for the Lobster Stop located at 723 Washington St. at the base of the Fore River Bridge. Ashraf Megaly purchased the restaurant from its previous owner and does not plan on making any changes to its operations.

"I don't see the need to change anything," he told the board.

The Lobster Stop will be open 10 a.m. to 10 p.m. seven days a week.

In other business, the board approved the renewal of all liquor licenses in the city for 2021.

City Clerk Nicole Crispo, the board's chairwoman, said only two establishments opted not to renew their license for next year. They are the Southside Tavern on Liberty Street, which will be razed to make way for a residential development, and the Marina Bay Sportsplex, which is closing because of COVID-19.

The board had previously

voted to waive the renewal fee for holders of on-premises liquor licenses for next year. Mayor Thomas Koch had asked the board to do so to provide relief to restaurant owners amid the pan-

Board members also reelected Crispo as the chairwoman on Dec. 22.

Police Chief Paul Keenan said Crispo has done an outstanding job leading the board this year amid the pandemic. Keenan noted the city clerk was also responsible for running a presidential election at the same

"You're the best," he told Crispo.

She thanked Keenan and other members of the board for their support.

"Thank you for your kind words," Crispo said.

Inspectional Services Director Jay Duca was reelected vice chairman of the board. Keenan said Duca has been "an excellent backup" to Crispo.

Quincy, Manet Community Health Center Partnering On Free COVID Testing Clinic

The City of Quincy and Manet Community Health Center are partnering to bring expanded COVID-19 testing to residents that began Tuesday, Dec. 29. Testing is being done Tuesdays from noon to 4 p.m. at the future site of the city's special education learning center at 180 Old Colony Ave.

The testing is free, does not require insurance information, and is open to any Quincy resident. Pre-registration is recommended but not required. To register, call 774-406-5400. The testing will run on Tuesdays at the same time for at least the next eight weeks.

Manet is partnering with the laboratory at the Broad Institute to process tests, and results are expected to be returned within 24 to 48 hours. The test is a selfadministered swab but will be clinically supervised by Manet's medical team.

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"Time and again, Manet and its team have stepped up in so many ways during this pandemic, and coordinating this expansion of our local testing capacity so quickly is just another example of an extraordinary commitment to the people of this community," Mayor Tom Koch said. "We hope our residents, particularly our young people who may not have interacted much with the health care system, will avail themselves of this easy and free opportunity to help us fight the current surge in COVID-19 cases."

Added Manet CEO Cynthia H. Sierra:

"We are truly honored with the city to ensure that residents have access to timely and convenient access to testing. As a community health center, we are compelled by our mission to extend care out into the community and the neighborhoods where our patients live. Whether it is through COVID screening and testing - and soon our COVID vaccination program - or our in-person and telehealth primary care, addiction medicine, behavioral health services or any of our other supportive health services, we are committed to ensuring quality, comprehensive health care and services for all who need us."

The clinic site is an office and classroom building that was owned by Eastern Nazarene College until it was purchased by the city earlier this year as part of a plan by Mayor Koch to create a learning center for Quincy's special education students. Construction to retrofit the building is scheduled to begin later in 2021. There is parking at the site, and it is in close proximity to MBTA bus routes and the Wollaston Center Red Line station.

GOLD CHAINS

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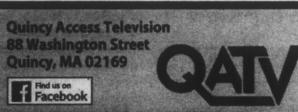
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Thursday, December 31 5:00pm: Bethany Congregational Church 8:00pm: First Night 1999

riday, January 1 7:00pm: AM Quincy: Maria Droste Counseling 8:00pm: NQ vs. Q Boys Hockey (2005)

Saturday, January 2 12:00pm: AM Quincy: Aspire Health Alliance 1:00pm: The Call

Sunday, January 3 10:00am: Bethany Congregational Church 11:30am: Good News

Monday, January 4 11:30am: Currently in Quincy 8:00pm: NQ vs. Q Girls Basketball (2007)

Fuesday, January 5 7:00pm: AM Quincy: Mayor Thomas Koch 7:30pm: ClQ Interview: Quincy College

Wednesday, January 6 5:00pm: Good News 7:00pm: The Call

Government Access Channel 9

Thursday, December 31 9:00am: Healthy Bones & Balance 10:00am: Exercise with Karen 12:30pm: Eldys' Yoga II 4:00pm: Board of License Commissioners 12/22

Friday, January 1 1:00pm: Zumba Gold I with Mary Ellen Reardon 1:30pm: Healthy Cooking 6:00pm: Community Resources: A New Way Recovery Center 7:00pm: Rare Books Antique Roadshow

Saturday/Sunday, January 2/3 3:00pm: At the Library Concert: Akiko Koybayashi 4:30pm: Board of License Commissioners 12/22

Monday, January 4 12:30pm: Finding Strength & Balance 1:30pm: Healthy Cooking

6:30pm: FYI: QHD Stroke Tuesday, January 5 1:30pm: Something Irish

Wednesday, January 6 1:30pm: Meet the Author

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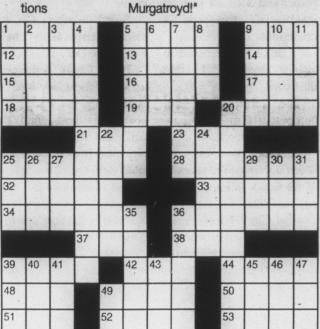
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SPOTTED MAGIC MAZE WORDS

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SPOTLESSTOPSNUS Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally Unlisted clue hint: A BEAM OF LIGHT ON STAGE

Despotism Eyespots Fusspot Hotspot

Ink spot Nightspot Spot-check Spot-weld

Spotless Spotsylvania Spotter Spotty

Starspot Sunspots Unspotted

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HOCUS-FOCUS





Find at least six differences in details between panels



Differences: 1. Sign on shovel is different. 2. Window on door is missing. 3. Doorknob is added. 4. Man's hat is different. 5. Tree trunk is wider. 6. Man's nose is shorter.

1. GEOGRAPHY: What is the capital of the Canadian province British Colum-

2. GENERAL KNOWL-EDGE: Which university or college has sports teams with the nickname "Golden Gophers"?

MEASUREMENTS: How many cups equal 1 quart?

4. TELEVISION: Whatwas the name of the man- 5. Ligaments sion in the TV series "Dark Shadows"?

5. ANATOMY: What are the tissues that hold bones together?

6. SCIENCE: What is the 10. Edward Jenner study of plants called?

7. MOVIES: What are the (c) 2020 King Features main food groups, accord- Synd., Inc.

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8. ANIMAL KINGDOM: What is the scientific adjective used to describe fish?

9. CURRENCY: What is the basic currency of Hai-

10. INVENTIONS: Who is credited with the invention of vaccines?

Answers

- 1. Victoria
- 2. University of Minnesota 3. Four
- 4. Collinwood
- 6. Botany 7. Candy, candy canes, candy corns and syrup
- 8. Piscine
- 9. Gourde

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RDOSGSAECWSKS

HERE IS A PLEASANT LITTLE GAME that will give you a

message every day. It's a numerical puzzle designed to spell

out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less

than 6, add 3. The result is your key number. Start at the up-per left-hand corner and check one of your key numbers, left

to right. Then read the message the letters under the

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ARIES (March 21 to April 19) A hectic period begins to wind down. Take time to draw some deep breaths and relax before getting into your next project. A long-absent family member makes contact.

TAURUS (April 20 to May 20) You're eager to move forward with a new challenge that suddenly dropped in your lap. But you'd be wise to take this one step at a time to allow new developments to come through.

GEMINI (May 21 to June 20) You're almost ready to make a commitment. A lingering doubt or two, however, should be resolved before you move ahead. An associate could provide important answers.

CANCER (June 21 to July 22) Caution is still the watchword as you move closer toward a decision about a new situation. If you act too fast, you might miss some vital warning signs. Go slowly and stay alert.

LEO (July 23 to August 22) Your new goal looks promising, and your golden touch does much to enhance its prospects for success. In your private life, Cupid does his best to make your new relationship special.

VIRGO (August 23 to September 22) That impatient side of yours is looking to goad you into moving before you're ready to take that big step. Stay calm and cool. Let things fall into place before you act.

LIBRA (September 23 to October 22) Travel and career are strong in your aspect. Perhaps your job will take you to someplace exotic. Or you might be setting up meetings with potential clients or employers. Whatever it is, good

SCORPIO (October 23 to November 21) Partnerships ... -- personal or professional -which began before the new year take on new importance. They also reveal some previously hidden risks. So be warned.

SAGITTARIUS (November 22 to December 21) Your associates are firmly on your side, and that persistent problem that has caused you to delay some activities should soon be resolved to your satisfaction.

CAPRICORN (December 22 to January 19) Favorable changes continue to dominate, and you should be responding positively as they emerge. Someone wants to become more involved in what you're doing.

AQUARIUS (January 20 to February 18) A friend wants to share a secret that could answer some questions you've wondered about for a long time. Meanwhile, travel aspects continue to be strong. PISCES (February 19 to March 20) Stay on your new course despite so-called wellmeaning efforts to discourage you. Rely on your deep sense of self-awareness to guide

you to do what's right for you. BORN THIS WEEK: You have the capacity to meet challenges that others might find overwhelming, and turn them into successful ventures.

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CryptoQ

This is a simple substitution cipher in which each letter used stands

Clue: N equals U

HB PGN XGUD MV M XHZEGX XMVQFU, H YNFVV PGN'E BHZE

PGNUVFOB GZ LQF GNLVHEF

OGGDHZY HZ.

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King Crossword Answers Solution time: 24 mins.

EDDA EARN MRST MOTA BRO I A D A TEETHE STOHTS TEETHE STOHTS AGE

Magic Maze ANSWERS: VUNS 9 OT (S) S 3 J T O 9 S YOU SY IN A N I A PENER POTS POSS S UNSPOTTED (INKS/SAD) CryptoQuip

'ui buixooi yourself on the outside wasner, I guess you'd find IT you work as a window

by Tony Rizzo

HOLLYWOOD -- This year we lost some great stars, notably Sean Connery, Olivia DeHavilland, Alex Trebek, Regis Philbin, Little Richard, Eddie Van Halen, Helen Reddy, Diana Rigg and sadly, Chadwick Boseman. Best known for "Black Panther," Boseman also portrayed pioneering Americans Jackie Robinson, James Brown and Thurgood Marshall. He was 43.

Many famous people have memorable messages on their tombstones. The outlaw Jesse James' mother wrote on his tombstone, "Murdered Apr 3, 1882 By a Traitor and Coward Whose Name is Not worthy to appear here." Legendary comedian Ed Wynn, best remembered as the laughing man on the ceiling in "Mary Poppins," hand signed his stone with a message to God that says "thanks."

Comedian Sam Kinison's family wrote, "SAMU-EL BURL KINISON IN ANOTHER TIME AND PLACE HE WOULD HAVE BEEN CALLED A PROPHET." Legendary comic Stan Laurel's tombstone reads: "A MASTER OF COMEDY, HIS GE-NIUS IN THE ART OF HU-MOR BROUGHT GLAD-HE LOVED." His partner Oliver Hardy's reads: "A GENIUS OF COMEDY, HIS TALENT BROUGHT JOY AND LAUGHTER TO ALL THE WORLD."

Talk show host and game show creator Merv Griffin ("Jeopardy" and "Wheel of Fortune") had written on his stone what he said the most on his talk show, "I WILL NOT BE RIGHT BACK AFTER THIS MESSAGE." Famous for saying "I get no respect," comedian Rodney Dangerfield had written on his stone, "THERE GOES

THE NEIGHBORHOOD." Mel Blanc, "the man of a thousand voices," including Bugs Bunny, Daffy Duck and many Looney Tunes characters, wrote, "THAT'S ALL FOLKS."

Johnny Cash and June Carter were laid to rest side by side and share a tombstone that says, "CASH-CARTER I WALK THE LINE." Louis Armstrong, best remembered for his mega 1962 hit "Hello Dolly," which he sang with Barbra Streisand in the film version, simply has his nickname, "SATCHMO LOUIS ARM-STRONG," while Frank Sinatra has "FRANCIS ALBERT SINATRA, THE BEST IS YET TO COME." His buddy Dean Martin also has a song title on his marker, "DEAN MARTIN, **EVERYBODY** LOVES **SOMEBODY** SOME-TIME.

Sex symbol Jayne Mansfield's family wrote on her stone, "WE LIVE TO LOVE YOU MORE EACH DAY." Oscar-winner Jack Lemmon used his stone as a marquee. Because he appeared in almost 60 major films, he simply had "JACK LEMMON in ..." put on his tombstone. The legendary Bette Davis has "BETTE DAVIS SHE NESS TO THE WORLD DID IT THE HARD WAY! John Wayne's family had his quote from a 1971 Playboy interview written on his, "Tomorrow is the most important thing in life. Comes into us at midnight very clean. It's perfect when it arrives and it puts itself in our hands. It hopes we've learned something from yes-

> As you can see from what they wrote, an actor's legacy is not enough -- they have to have the last word!

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GO FIGURE! by Linda Thistl

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: * * * ★ Moderaté ★★ Difficult

*** GO FIGURE!



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Antiques & Collecting By Terry and Kim Kovel

Cracker Jack Sign --- Com- phies. They are not often panies that have been in busi- added to large silver colness for a long time often have lections today because so updated and changed the logo few old ones are offered for or slogan used in advertising. sale. An antique cup would Collectors can usually iden- sell for over \$2,000. tify the age of the ad from the The full-sized cup held cauwords and pictures that were dle and other hot drinks at used. Cracker Jack was first parties. White caudle was sold in 1896 from a cart in made from oatmeal, spices Chicago. The mixture of pop- and white wine. Brown corn, molasses and peanuts, caudle used ale, brandy or sometimes called the first dark wine. There was also junk food in America, was a non-alcoholic tea caudle very popular. It sold well at made with tea, eggs and the Chicago World's Fair and spices. Posset was made of got even more notice when eggs, milk, cream, sugar, the familiar song sung at ball almond extract, lemon rind games said, "Buy me some and scotch whiskey, topped peanuts and Cracker Jack." with meringue. All these The company developed a drinks were served hot. It box that held a single serving, must have been great on a added coupons for prizes in cold night. Small cups were 1910, then small toys in 1912, made to be used by invalids and in 2013, a code that leads who needed both handles to an online puzzle or game. but probably drank differ-The box has pictured the ent mixtures. sailor boy (the founder's son) and his dog Bingo since 1918, often changing their looks. Bookends, horse standing This 9-by-14-inch die-cut by stall door, cast metal, cardboard store sign pictures bronze color, pair, 6 1/4 an early version of the sailor inches, \$75. boy. It sold at a Kimball Ster- Bride basket, cranberry ling auction for \$615. The Coin glass bowl, yellow early toys are popular with and pink enamel flowers, collectors, and there is even silver plated frame, 15 x 9 a Cracker Jack Collectors As- inches, \$160. sociation. The most expensive Bamboo brush pot, carved, prize? The baseball card se- scholars playing "Go,"

Q: A very old silver cup that Mouse, Jazz Drummer, has been passed down in jointed arms, Nifty Toy Co., the family has not one, but Germany, 7 inches, \$845. two handles. Why? It has an English silver mark for 1671.

over \$100,000.

A: The two-handle cup was with a hair dryer. The glue used to drink caudle or pos- will melt a bit, and it will be set. Most of the cups were easier to peel off the sticker. made and used between 1650 and 1690. The body of the For more collecting news, cup was covered with chased tips and resources, visit flowers and animals. Each www.Kovels.com. cup had a lid. The cups were popular with the wealthy and (c) 2020 King Features were sometimes given as tro- Synd., Inc.

CURRENT PRICES

ries from 1914-1915, worth bamboo trees, clouds, 6 inches, \$480.

Disneyana, toy, Mickey

TIP: To remove a gummed It also keeps feet warm. price sticker, try heating it

A basket contains more than half a dozen eggs. Each egg is either white or brown. Let x equal the number of white eggs, and y equal the number of brown eggs. The sum of x and y, turned upside down, is the product of x and y. How many eggs are in the basket?

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otrange BUT TRUE

* On Earth you need heat to fuse metal, but in space, due to the lack of atmosphere, two pieces of the same kind of metal will fuse together with just a little pressure in a process called cold welding.

* The average person will grow 590 miles of hair in their lifetime. Nose hairs alone contribute 6.5 feet of

* Digging a hole to China is possible if you start in Argentina.

* While adult giraffes usually sleep standing up, their offspring get more comfortable by hunkering down on the ground and taking advantage of their extra-flexible necks, twisting around to plop their heads on their own poste-

* The U.S. government gave Indiana University \$1 million to study memes.

* Caffeine, which is found in tea leaves, guarana berries, kola nuts and, of course, coffee beans, acts as a natural pesticide. It overloads the nervous systems of insects that try to eat the plants containing it, paralyzing and even killing them before they can do too much damage.

Liquids can boil and freeze at the same time.

* Can't get your kids to eat their carrots and broccoli? Perhaps they suffer from lachanophobia, otherwise known as the fear of veg-

* Hurricanes release the energy of 10,000 nuclear bombs.

* Harry Truman was the first president to celebrate Hanukkah in the White House. In 1951, he accepted a menorah from David Ben Gurion, the prime minister of Israel.

Charles Dickens believed that sleeping facing north would improve his writing.

* Finland was the first nation to experiment with autonomous vehicles in urban conditions. The country's laws don't obligé drivers to be inside the vehicle.

Thought for the Day: "When you do the common things in life in an uncommon way, you will command the attention of the world." -- George Washington Carver

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Now here's a tip!

* Apply lemon juice to the cut surface of an apple to prevent browning.

For stubborn dry patches on hands, like knuckles and around fingernails, try rubbing in a bit of Chapstick. It does the trick to moisturize, and it doesn't wash off as easily.

* "To protect feet from getting soggy when out in snowy or rainy weather, cut a piece of plastic wrap about 3 inches longer than your foot on both sides, then step on it and fold it up on all sides before you put your foot in your shoe. M.S. in Colorado

* "I use the old-fashioned round coffee filters to cover food in the microwave. Less expensive than paper plates and stays in place but doesn't stick to food." - N.B. in Texas

* D.R. in Illinois uses flipflops for some unusual purposes, like covered with sandpaper as a sanding block, covered with a

chamois for waxing a car or even to apply paint. He says they can be found on clearance for less than a dollar. One thing you shouldn't do: "Don't ever weed eat your driveway while wearing! Personal injury."

* When making meatloaf, put strips of raw bacon on the bottom of the pan and place the meatloaf on top. It adds terrific flavor and will keep the meatloaf from sticking to the pan.

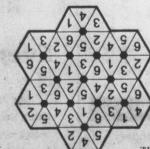
* "I purchased a dish drain pad approximately 9 inches by 17 inches, and I use it on the seat of my shower so it won't be slippery. It fits perfect -- especially good for seniors! I am 86 years old, so I need all the help I can get." -- B. B. In Massachusetts

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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SHOMELTHRES

solution

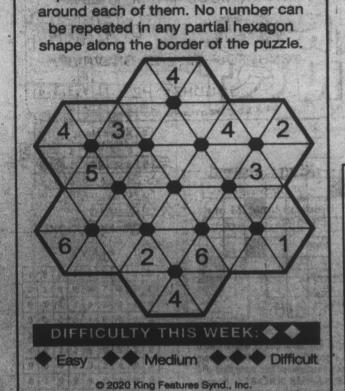


Go Figure! answers

2 01 9

Stickelers Answer

becomes 81, the product of the two nu The basket has nine white and nine brown eggs. When the sum, 18, is inverted, it



IT YOU WOR THE A ME GOW

by Japheth Light

There are 13 black hexagons in the

puzzle. Place the numbers 1 - 6

128 Asian nation

129 Garish

3 Yukon

maker

skin care

product

6 Botch it up

7 "Sheesh!"

sugar

9 Erma

8 Biochemical

Bombeck's

The Grass

Is Always

Over the -

Olympics

city

Greener

Tank"

DOWN

79 Bodily band

"Seinfeld"

80 Benes on

ACROSS 1 Halo sporter 6 Nest nuggets 10 Had no being

46 Pop-rock singer Simpson 15 "Vamoose!" 50 Kind of sheet 19 "I wanna try!" metal 54 Border

20 Cameo, e.g. 21 Lend — (pay illumination attention) on some 22 Poi source smartphones 23 Participants 57 Miniwhirlpools in a guided 58 What bran

Brits

66 Slender

nails

aggregate

71 Imams' God

"- not lost"

Reminaton

Pickett hit

75-Across

92 Show up for

90 The "I" of

67 Large

discussion 25 Longtime kids' nature magazine 60 Grads.-to-be 27 Spanish for "bear" 64 "No" voter 28 McDonnell Douglas jet 65 "- culpa!"

30 Refuge 31 Thelma's cohort, in 34 Use an entryway 35 Velvet or

75 U.S. tax org. Hallow ender 76 Berlin article **36** — hop 77 Ejected lava (jitterbug) 82 Waste time 37 14- to 83 Party game 18-year-86 1980s TV's old in a British vouth

association 40 Source copy: Abbr. 42 "BTW" part 43 You, in

37

42

50

92

111 115

122

104 105 106

44 Road given 94 Abbr. for only one given name 95 Mil. unit 96 Tooth

anchor 98 First extended stay on the International Space Station 104 Spiny plants provides, to

107 With 103-Down, didn't know at all 61 Basso Pinza 109 Radio knob 62 Outfits anew 110 Loin steaks 111 Put in order 113 Writer Franz 114 "Y" athlete 115 Annual Arizona cosmological football

10 Alert 11 Actress Ortiz 17 New York 12 Pick up on 13 1998 Winter City fashionindustry agency 14 Nonkosher whose name 15 More direct is apt for this 16 - terrier puzzle 17 Curved 122 Shoe fillers 123 Conical tent 87 1966 Wilson 124 Comics' Kett

18 Sweet white wine 24 Word after 125 "Peachy!" 126 Sommer of film or play Hollywood 26 Frank topper 127 Lauder of 29 Musician

> 100 99

> > 124

109

31 Vowel, e.g. 32 Bull leather 33 Capsizes 35 Ending for major

81 Investigates 1 TV title alien 83 Annul 2 Natal lead-in 38 Conn. hours 84 Author 39 Compulsion 85 A lot like 41 Inferior mags 88 Rub oil on 4 Avian-based 45 Someone problem 89 Wowed 47 Tony winner 91 Future louse 5 To a smaller Minnelli

94 Bismarck is 48 Writer Blyton its cap. 49 Huge heads 97 Realm of 51 More, in Oedipus 99 PalmPilot music e.g., in brief 52 "Psycho" co-star Janet 100 -53 Dog in "The (Paris sight) Thin Man" 101 Agenda part 54 Bidding site 102 Like an oval 55 Common

or rectangle battery type 103 See 107-Across 56 Infuriated 59 "What You 104 - latte Need" rock 105 Disney's band "Little 63 Injured-arm Mermaid" 106 Streamlet supporter 65 Actor Paul 108 Become a

66 Yahoo parent to 68-Left the bed 112 Fence "door" 69 Kin of a tulip 113 Swiss 70 Once, once painter Paul 71 Mater 116 Really small 118 Berlin article lead-in 72 Yahoo 119 Water, to 73 Rearmost Somme 74 It lingers in folks 120 "Inc." cousin the mouth

78 — annum 121 - latte celebrity

by Dana Jackson

Q: Do you think the original judges from "American Idol" will ever return to that show? I know Simon Cowell is with "America's Got Talent," but I miss the old days of "AI." There's too many of these shows on the air now anyway. -- O.S.

A: It's hard to believe it's been almost two decades since we met Simon Cowell and Randy Jackson on our television screens. We children of the '80s already knew Paula Abdul from her pop music career; but she became a household name to all the generations who watched her as a judge on "American Idol." She left the show in 2009. Cowell followed a year later, and Jackson was the last to depart. Each has gone on to other projects, either in front of the camera or behind the scenes as producers.

Cowell has been recuperating after breaking his back in August while riding his electric bike. Abdul can be seen as a panelist on the new Fox reality competition show "The Masked Dancer." Randy Jackson served as a producer of "America's

Best Dance Crew" series and currently promotes a brand of health supplements. Jackson underwent gastric bypass surgery in 2003 and has kept the weight off.

As for a revival of the original "American Idol" judge crew, I'm all for it. Maybe it'll happen for its 20-year anniversary in 2022. However, in the meantime, season 19 of "Idol" will begin airing in February with judges Katy Perry, Lionel Richie and Luke Bryan.

Q: Is the actress who plays Flo on the soap "The Bold and the Beautiful" the same one who played the intern on "30 Rock"? --C.T.

A: Yes, she is. Actress Katrina Bowden was cast on the NBC comedy "30 Rock," created by and starring Tina Fey, at just 18 years old. She played Cerie, the beautiful but mostly incompetent assistant behind the scenes of a fictional sketch comedy show. She later appeared in a few movies, but returned to television on the CBS daytime soap.

Don't knock soaps though. With their fast pace and loads of dialogue to memorize, soaps are a great training ground for actors. Several stars who started their careers in primetime or film find the pace too much of a challenge, so I applaud Bowden for exceling at it.



Paula Abdul Photo credit: Depositphotos

O: I just read about the passing of author John le Carre. He was my father's favorite writer. Dad especially loved the book "Tinker Tailor Soldier Spy." Did he have any books waiting for publication at the time of his death? --

A: Le Carre recently passed away from pneumonia at the age of 89. His final novel, "A Legacy of Spies," was published in 2017, and it's not known yet if he was working on anything before his death. The film adaptation of "Tinker" came out in 2011 and starred Gary Oldman, who was nominated for an Oscar for the role.

Send me your questions at NewCelebrityExtra@gmail. com, or write me at KFWS 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an L you get MISTER. Do not change the order of the letters

1. Server	1	_ Middy or Whitman	L
2. Fabric	C	Slow mover	s
3. Grocery store job	_ A	_ Advanced in size	_ 1
4. Roost	_ E	Veranda	_ o
5. Lift	н	Damp	М
6. Thunder sound	M	_ Flintstone's neighbor	в
7. Meddle with	_ A	_ Bad humor	_ E
8. Ointment	L	Movement	M
9. Pry	_ N	Ice cream portion	_ c
10. Foolishness		Colt's sister	· 图 图 图 图 图 图 图 图 图 图 图 图 图 图 图 图 图 图 图

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Weekly **SUDOKU**

123

107 108

by Linda Thistle

7				6				9
	1		8				2	
		2		2515	7.	4		1
4				7		2		
	8				3		9	6
		5	2		-	8		
6	· 1987			9		3		
	7	7.1		200	1		5	
	5	9	3					8

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ◆◆

♦ Moderate
♦ Challenging ♦♦♦ HOO BOY!

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Super Crossword.

125

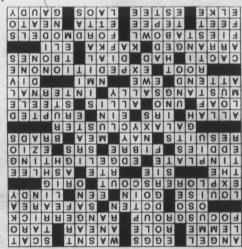
101 102 103

119 120 121

110

114

Answers



Even Exchange answers

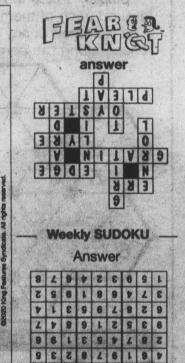
6. Rumble, Rubble

10. Folly, Filly 5. Hoist, Moist 9. Snoop, Scoop 4. Perch, Porch 8. Lotion, Motion 3. Bagger, Bigger 7. Tamper, Temper 2. Cloth, Sloth

1. Waiter, Walter



Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.



1 9 7 2 6 9 2 6 8

5 1 6 8 4 9 7 2 3

9 8 2 5 8 8 9 7

Amber Waves



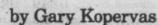




by Dave T. Phipps



Out on a Limb





R.F.D.

by Mike Marland



















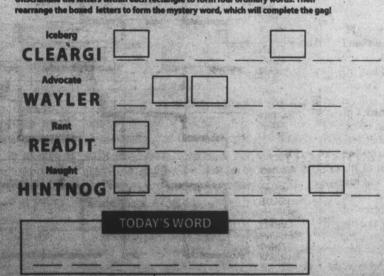


SCRAMBLERS





"I built it for my wife — she's alway



Conceptis Hitor



When completed, all un-shaded (who squares create a single continuous of the squares create as single create as single continuous of the squares create as single create as sing

4	3	3	1	1
1	2	3	5	3
3	3	4	2	1
2	1	5	2	4
5	3	5	4	.5

New Year's Resolutions for Happy, Healthy Pets

DEAR READERS: As we close out one of the most tumultuous and stressful years of our lives, let's look back and remember how much peace and joy our pets gave to us. When nothing else in the world seemed certain, we could count on our pets to offer unconditional love.

That's why, as we look forward to a new year and new hopes, we must honor and protect our best friends. Let's resolve to:

1. Spend more time with our pets. Dogs and cats need regular attention and love. While we're spending more time at home, it's a perfect time to play with our pets, to add an extra training session and more walks into the routine.

2. Get pets the best care possible. Schedule that routine veterinary visit, and get your pets caught up on their vaccinations. A physical can head

off serious illnesses.

3. Include your pets in your will. We don't like to think about it, but end-of-life planning is important, and our pets need to be part of that

planning.

4. Build lasting memories. Take as many photos with your pets as you can. Make scrapbooks that you can look through years from now to remember when your puppy was young, or to memorialize a beloved turtle, hamster, cat

5. Help other pet owners. So many people are silently struggling right now: either from job loss, ill health, grief or depression. They may not be able to take care of their pets as well as they can. Look out for your neighbors and offer to help if they ask for it. Donate money or supplies to local pet charities that offer assistance to pets and their

I wish you and your pets a happy, healthy 2021.

Send your tips, comments and questions to ask@pawscorn-

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TOP TEN VIDEO, DVD for release week of Dec. 28, 2020

Video Rentals

1. Fatman (R) Mel Gibson, Walton Goggins

2. Unhinged (R) Russell Crowe, Caren Pistorius 3. Mulan (PG-13) Yifei Liu, 5. The Polar Express (G)

Donnie Yen 4. Buddy Games (R) Dan Bakkedahl, Kevin Dillon

5. The New Mutants (PG-13) Maisie Williams, Anya Taylor-Joy

6. Iron Mask (PG-13) Jason Flemyng, Xingtong Yao 7. The Rental (R) Dan Stevens, Alison Brie

8. Arthur & Merlin: Knights of Camelot (NR) Richard Short, Tim Fellingham

9. Smiley Face Killers (R) Ronen Rubinstein, Mia Serafino

10. 2067 (NR) Kodi Smit-McPhee, Ryan Kwanten

DVD, Blu-ray Sales 1. Yellowstone: Season 3

(TV-MA) Paramount 2. National Lampoon's

Christmas Vacation (PG-13) Warner Bros.

3. Elf (PG) Warner Bros.

4. The Grinch (PG) Univer-

Warner Bros.

6. Mulan (2020) (PG-13) Disney

7. A Christmas Story (PG) Warner Bros.

8. Harry Potter: Complete 8-Film Collection (PG-13) Warner Bros.

9. Home Alone (PG) 20th Century

10. A Charlie Brown Christmas (TV-G) Warner Bros.

Source: Media Play News

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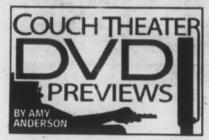
Hitori



DNITNAW

Today's Word 3.Tirade; 4. Nothing 1. Glacier 2. Lawyer;

noitulos SCRAMBLERS



Netflix has a new documentary series that explores some very niche competitions. It's called "We Are the Champions," and if you're not watching it, you're missing out. Rainn Wilson narrates a collection of weird and wonderful battles in such diverse subject matter as competitive hair design, hot pepper consumption and chasing a wheel of cheese down an impossibly steep hill.

It's all great fun, but I found myself yelling at the TV, completely emotionally invested in someone's progress. And so much laughing. Of course, like most easily digestible and highly entertaining series, it was over in what felt like a minute — leaving me searching for more. So here are a few movies that satisfy a weirdly competitive itch, some more mainstream than others.

Pitch Perfect - Serious musical ambitions almost stop Beca (Anna Kendrick) from joining an all-girl singing group her freshman year at college. Fortunately, a deal with her dad keeps her on the Bellas. Pitted against the winning

all-male Treblemakers, who also have aca-aspirations for the ICCA crown and a spot at Lincoln Center, Beca and her Bellas get acoustically creative.

TAG — Five man-child fools maintain a decades-long game of TAG, played one month of the year, every year, since they were kids. Hoagie (Ed Helms) is on a mission to tag the game legend, Jerry (Jeremy Renner) - who has NEVER been tagged. How far will a grown man go to tag another grown man? Pretty far, it seems.

Bring It On — The Rancho Carne Toros' new cheer captain Torrence (Kirsten Dunst) inherits a national title-winning cheer squad with a dirty little secret: Their routines are stolen from East Compton High's Clover squad led

by Isis (Gabrielle Union). Both teams pull out all the stops to win at nationals.

Akeelah and the Bee - Elevenyear-old Akeelah (Keke Palmer) from South LA takes a shot at the national spelling title in this uplifting drama with moving performances from Laurence Fishburne and Angela Bassett.

To Wong Foo, Thanks for Everything! Julie Newmar - Two New York drag queens - Vida Boheme (Patrick Swayze) and Noxeema Jackson (Wesley Snipes) - take their co-won title on a cross country road trip to LA, to face the fierce competition at Drag Queen Nationals, bringing along Miss Chi-Chi Rodriguez (John Alberto Leguizamo), a newbie with a ton of passion.



Patrick Swayze in "To Wong Foo, Thanks for Everything! Julie Newmar"

Fight Club - An emotionally troubledman (Ed Norton) walks us through his descent from an unfulfilling job through insomnia and an addiction to support groups to his friendship with an enigmatic soap-seller (Brad Pitt) and the creation of an underground fight club where pugilistic hedonism reigns supreme.

Rocket Science - Hal Hefner (Reece Thompson) is a 15-year-old with a speaking problem: He stutters, so it's only natural that pert and competitive debater Ginny (Anna Kendrick) seeks him out as a debate partner. Only problem? Hal has a soul-crushing infatuation for Ginny, and Ginny has some questionable motives.

Dr. Keith Roach

Proper Technique Is Key to Accurate **BP** Reading

DEAR DR. ROACH: I have always read that when you are having your blood should be elevated above your heart. When mine is taken this way, it is normal, around 120/70. When I go to the doctor, my blood pressure is taken with my arm hanging at my side. I often get a much higher reading taken this way, say, 140/90. Is there a correct way to take it, and does it affect the reading? My doctor said the position doesn't matter and wants to prescribe medication. -- U.P.

blood pressure cuff should be years? -- W.B. at the level of the heart. If the blood pressure cuff is above dermatologist. Petrolatum, such the heart, then the blood pres- as Vaseline, is effective at keepsure reading will be artificially low. If the blood pressure cuff is dangling below the level of the heart, the reading will be high.

blood pressure will be about 7 mm of mercury too low. If I stretch out my arm as high as I can above my heart, I can get it about 30 cm higher than my heart, which would be enough to the 140/90 and 120/70 you have observed. However, for most people when sitting up straight, a properly placed cuff on the arm will approximate the same level as the heart. Although you are right the position matters, it sounds like the doctor's office is taking the reading correctly.

I should also note that the feet should be resting on the floor, not dangling, which can

3 Letters BIG HOT OLD

RAW

SLY

4 Letters DULL

EVEN

LOUD

NEAT

USED

5 Letters NOISY

PROUD

YOUNG

6 Letters BETTER DECENT

POLITE

7 Letters AMUSING

DISTANT

SHALLOW

SILLY

sure. The arm should be supported while taking the blood pressure. I recommend taking the blood pressure three times and using the average.

Given how important blood pressure is, correct technique is essential in order to properly recommend who should get blood pressure treatment. Evidence is increasing that a 24-hour home blood pressure device is more accurate at determining who might need medication, especially in suspected white coat hypertension, where the readings are artificially high just because a person is in the pressure taken, your arm office (even if they don't feel nervous).

DEAR DR. ROACH: I recently had a cancer growth removed from my upper arm by a dermatologist. I was instructed to use Vaseline on the wound. I told them I use an antibiotic with pain reliever. was told that because this is an antibiotic, I will become immune to the usage. Does the topical antibiotic have the same effect as a pill or shot? ANSWER: When taking the Because it is on the outside blood pressure, the goal is to of my body, will I become imapproximate the blood pressure mune as described, or is it safe in the heart. That means that the to use as I have done for 40

ANSWER: I agree with your ing a wound moist, which promotes healing, and acts as a barrier to keep out dirt and bacteria.

Topical antibiotics may have For every 10 cm (about 4 additional usefulness in areas of inches) above the heart, the skin infection or to reduce carriage of a dangerous bacteria like MRSA, but is no better than petrolatum for a clean surgical wound. Potential downsides to topical antibiotics include not only resistance, but also skin explain the difference between reactions. Accordingly, they should be used sparingly and only for clear indications.

> Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGood-Health@med.cornell.edu.

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CRISSCROSS - 24 ADJECTIVES

Each word will fit into one spot in the grid. Use the starting letters

as a guide and fit each word into its spot. All words will be used,

so cross off each one after you put it into the grid.



by Healthy Exchanges

Almond Crunch Coffee Cake

Knowing this special breakfast treat is waiting makes it worth crawling out of a warm bed on a cold winter morn. Prepare it the night before and warm it up in the microwave, and it will be ready before your eyes are wide open!

11/2 cups reduced-fat baking mix Sugar substitute to equal 1/4 cup, suitable for baking

cup fat-free milk tablespoons fat-free sour cream

egg or equivalent in egg substitute

teaspoon almond extract cup chopped almonds

1. Preheat oven to 375 F. Spray a 9-inch round cake pan with butter-flavored cooking spray.

2. In a large bowl, combine baking mix and sugar substitute. Add milk, sour cream, egg and almond extract. Mix gently just to combine. Spread batter in prepared cake pan. Evenly sprinkle almonds over top. Lightly spray top with butter-flavored cook-

3. Bake for 20 to 25 minutes or until a toothpick inserted in center comes out clean. Place cake pan on a wire rack and let set for at least 15 minutes Cut into 8 wedges.

 Each serving equals: About 124 calories, 4g fat, 4g protein, 18g carb, 285mg sodium, 1g fiber; Diabetic Exchanges: 1 Starch, 1/2 Fat.

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1. Which group was the first to release "Wildflower"?

2. Name the artist who released "Where Were You When I Was Falling

3. What was the first song Bobby Blue Bland ever released?

4. Who composed the music for the film "Pat Garrett and Billy the Kid"? 5. Name the song that contains this

lyric: "I've been for a walk (I've been for a walk) on a winter's day (on a winter's day), If I didn't tell her (if didn't tell her), I could leave today (I could leave today)."

Answers

1. Skylark, in 1972. While not a onehit wonder, Skylark didn't release many songs and "Wildflower" was the only one to top the charts.

2. Lobo, born Roland Kent LaVoie. in 1979. This was the last of his four

3. "Crying All Night Long" with a b-side "Dry Up Baby" in 1951. His first No. 1 came in 1957 with "Farther Up the Road."

4. Bob Dylan in 1973. Best known is 'Knockin' on Heaven's Door." Dylan also appeared in the film. 5. "California Dreamin'," by the

Mamas & the Papas in 1965. It was written by bandmembers John and Michelle Phillips.

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Contract Bridge

FAMOUS HAND

Fast dealer. Neither side vulnerable. **↑**7 **♥**J86 ◆Q108653 WEST EAST **♦**QJ842 ₹953 ♦ K 7 2 ♦ AJ4 AQ 1062 SOUTH ◆A10963 ▼AKQ1074 The bidding:

South West East North Opening lead — king of spades. This deal from the 1988 Vanderbilt

Teams features excellent defensive

play by Peter Boyd, winner of several national and international titles over

the past four decades. Boyd held the West hand and wound up defending against four hearts after his partner had opened with an unorthodox weak two-spade bid. South won the opening spade lead with the ace and lost the diamond nine to East's king. East returned a low club, and, after taking the king with the ace, Boyd stopped to think things over.

He judged that declarer might well be in position to score 10 tricks on a crossruff, trumping three spades in dummy to add to the ace of spades and at least six heart tricks in his hand. Accordingly. Boyd made the first of two key plays by shifting to a low trump. This was taken by dummy's six as East followed with the deuce and South the four.

Since only nine tricks were now available on a crossruff, declarer's only remaining hope was to establish dummy's diamonds. So he ruffed a diamond with the queen of hearts and then led the heart seven toward dummy's J-8.

Had Boyd mechanically followed low, South would have gotten home safely by finessing dummy's eight, ruffing another diamond high and then leading the ten of hearts to the jack. This would have yielded 10 tricks/in the form of six hearts, a spade and three diamonds.

But Boyd had carefully kept track of all the heart spots played to this point. When the seven of hearts was led, he foiled declarer's plan by playing the nine! This deprived South of the extra entry needed to set up and run the diamonds, so he finished down two, thwarted by the combination of Boyd's heart shift at trick four and his entry-denying play of the heart nine two tricks later.

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by Steve Becker

This week's Job Well Done is dedicated to our fourlegged officers, our police K9s.

The Quincy Police Canine Unit is currently comprised of 12 certified teams: three single purpose Narcotics trained dogs (Labradors) and nine dual purpose Patrol/Explosives trained dogs (German Shepherds and Belgian Malinois). Under the direction of Lt. Robert Gillan, our teams are available 24 hours a day and respond to calls in all weather conditions. Calls for service include: tracking lost persons or persons suspected of committing a crime; searching for discarded evidence, both known and unknown; searching for suspects concealed in buildings; locating prohibited narcotics hidden in vehicles or structures; sniffing suspicious packages, and searching for explosives...

Our Canine Unit is a regional asset and is often called upon to assist local departments. We also provide a public relations service to the citizens of our city by performing demonstrations, which exhibit the skills needed to accomplish our mission.

Our Quincy Police Narcotics Canine Interdiction team consists of Officer P. Foley and his K9 partner, Charlie and Officer Dabilis and his K9 partner, Karl. Both of these canine teams are specifically assigned to our Drug Control Unit. Together, they have amassed some amazing numbers. In fact, within the last six weeks, they have seized three handguns in addition to the information below (which covers the time period of September 2019 to September 2020).

They have conducted almost 300 motor vehicle stops. They have seized the following (estimates): 170 grams of fentanyl; 92 grams of crack cocaine; 2,000 grams of cocaine, over 600 grams of methamphetamine; over 14,000 grams of marijuana; MDMA (ecstacy); and roughly 500 illicit pills - with a combined street value of approx. \$425,000. They have discovered 20 vehicle "hides" - a hidden compartment in a vehicle used by drug dealers to conceal firearms, drugs, and other items. The canines have conducted over 350 "sniffs" of vehicles, persons, or locations. The interdiction efforts of both canine teams either created or enhanced the probable cause needed to seize the above items.

Our other 10 canine teams include: Lt. Gillan/ Boru; Officer Cooper/Xido; Officer Doherty/Mace; Officer Donovan/Hodor; Officer Fitzgerald/Ragnar, Officer Jackson/ Luna; Officer Parisi/Rom; Officer Rolfsen/Archer, Officer Yee/Lexi, and Officer Wood/Murphy (in training). K9 Archer is assigned to the Patrol Division and is the third dog certified to sniff for narcotics. Over the course of the last year (September 2019-September 2020), they have tracked suspected bank robbers, car thieves, hit and run drivers that fled the scene, lost persons, armed robbers, and more!

On top of their everyday patrol function, our canine teams have provided 39 outside agency assists (searching for guns, explosives, or suspicious packages), 18 outside agency assists for narcotic searches, and 17 outside agency assists for canine tracking (lost persons or suspects). They also are called upon to assist the many special events in Boston, such as the Boston Marathon, and championship parades. Each canine is outfitted with a ballistic vest thanks to the generous donations received by Massachusetts Vest-A-Dog. Canine Ragnar wears a very special vest.

Through donations made by the Collins Family, to Massachusetts Vest-A-Dog, Ragnar's ballistic vest was provided in memory of Quincy Police Officer James "Jamie" Cochrane, who passed away on Sept. 10, 2006.

ANOTHER JOB WELL DONE

On Dec. 22, Officer P. Foley and his canine partner Charlie were traveling on Southern Artery when he randomly queried the front registration plate attached of a grey Ca-

A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS

Public Information Officer Quincy Police Department

dillac CTS sedan that was traveling past him in the opposite direction. The response showed no less than 67 recent queries of this same registration plate by numerous other law enforcement agencies. The RMV response showed the Cadillac was actively registered to an individual out of Easton, MA. The registered owner had an expired license and a "Wanted Person" alert.

Officer Foley reversed direction and eventually caught up to the Cadillac as it travelled north on Standish Avenue. As he traveled behind the Cadillac, he observed the rear window to be blacked out with excessive window tint. He then clicked on the "Wanted Person" tab on his CJIS computer which showed the registered owner of the Cadillac had an outstanding warrant for his arrest for "Aggravated Assault - Family - Weapon-Knife." As the vehicle was pulling into the parking lot on Old Colony Ave, Officer Foley activated his emergency lights and siren. The Cadillac did not stop right away and continued to drive around to the rear of the building and only stopped when it could go no further due to a large group of people standing outside. Officer Foley immediately contacted dispatch and requested back up. Officer Foley approached on the passenger side and yelled for the operator to roll down the rear passenger side window as it was very dark and he could not see inside. When the window rolled down, he observed a rear female passenger as well as a front male passenger. Both were not wearing a seat belt. Based on the slow stop and the warrant on the registered owner, Officer Foley instructed the operator to shut the engine off and for all occupants to keep their hands where he could see them until his back arrived.

Officer Foley asked all three occupants for identification, but the only one who could produce one was the female passenger. The driver provided his name and date of birth and the front seat passenger said he was the owner of the Cadillac. All three denied possessing any illegal contraband but all three said they possessed hypodermic needles on their person. While all occupants remained in the car, Officer Foley returned to his cruiser and conducted additional computer checks. He confirmed the operator's identity by viewing his MA RMV photo. He learned that the operator's right to operate a motor vehicle was suspended. A check of his Board of Probation (BOP) showed open cases for Trafficking Fentanyl, Distribution of Class A, and Possession of class B. Officer Foley then confirmed the owner's identity by viewing his MA RMV photo. His MA license status was expired and he had an outstanding straight warrant for A&B Dangerous Weapon. His BOP showed a past charge for Possession with Intent to Distribute Fentanyl. The female had four separate outstanding warrants for her arrest, one of which included drug charges.

In order to confirm or dispel any reasonable suspicion that there were drugs present in the vehicle, Officer Foley deployed canine Charlie. Charlie is a trained and certified contraband drug detection Police Dog (friendly, passive alert Labrador retriever). Charlie was specifically trained and certified to sniff people and objects. Charlie first sniffed an uninvolved vehicle but showed no alert. Charlie then sniffed the free air that surrounded the Cadillac and showed a positive alert to a contraband drug odor emanating from both the rear right open passenger window and the open driver's window. Officer Foley then conducted an exit order



of all three occupants and all three were placed into hand-

As he conducted a pat-frisk of the registered owner, Officer Foley discovered that he was wearing make shift body armor under his shirt that consisted of 3 metal pizza pans two of which were bent and shaped to fit the contour of his body. They were secured in place with tape and a Velcro wrap. When asked about the bizarre discovery he said he was concerned that people were out to get him. Officer Foley also located a hand cuff key in the owner's rear right pant pocket. This key would have unlocked the hand cuffs Officer Foley had placed on him and was strategically located so that he could have accessed it while hand cuffed behind his back. A folding knife was located on the female party. Officers pat frisked the driver and located a crack pipe hidden on his person near his right ankle.

Officer Foley re-deployed canine Charlie who sniffed the free air that surrounded each occupant of the Cadillac as they stood in the parking lot. Charlie showed a positive alert to a contraband drug odor emanating from the hands of the operator as well as the front waste band area of female. Charlie then sniffed the interior of the Cadillac and alerted to a small blue zip lock baggie in the center console coin shelf (closest to the driver's seat). The baggie contained a ground up crystal like substance that Officer Foley immediately recognized through his training and experience to be Crystal Methamphetamine. Charlie also alerted to a black bag on the rear passenger seat that the female passenger admitted was hers. Inside the bag Officer Foley located a digital scale covered in whitish/grey drug residue.

Officer Foley spoke with the female passenger and told her he had probable cause to believe she was concealing contraband drugs on her person and urged her to turn it over to him. She then admitted to having 11 bags of "Meth" and pills in a fanny pack wrapped around her waist. She stated that she was desperately seeking help for her addiction issues. Officer Foley thanked her for her cooperation and said he would note her desire to seek treatment instead of incarceration in his police report.

Officer Murray arrived on scene and searched the female passenger, locating the fanny pack containing the drugs.

The 28-year-old-female from Quincy was placed under arrest on the outstanding warrants and also charged with possession with intent to distribute Class B (Meth) and possession of Class C (pills).

The owner of the vehicle, a 27-year-old from Quincy, was placed under arrest on the outstanding warrant.

The 31-year-old operator from South Boston was summonsed to Quincy District Court for excessive window tint, unlicensed operation of a MV and possession of class B (Meth). The vehicle was towed and all evidence (shown in photo above) was secured and photographed. Another great job by Officer Paul Foley and his canine partner Charlie!

NCY POLICE CRIME AWARENESS JOURNAL

FRIDAY, DEC. 18

LARCENY (package), 10:18 a.m., 333 Ricciuti Dr. Serviced.

VANDALISM/PROPERTY (egged), 11:34 a.m., Billings St. Multiple cars egged at household, states they have suspect info.

LARCENY (bike and small trailer), 2:53 p.m., Victory Road. In QPD lobby, wants to see an officer for report. LARCENY (wallet), 9:05 p.m., TJ Maxx 100 Granite

St. See caller inside store.

ARMED ROBBERY (attempted), 10:07 p.m., Copeland Street. Gone on arrival. Black hoodie, blue mask tried to rob reporting party. Reporting party states black male tried to steal his wallet. Reporting party is a customer. No weapons. Reporting party states he was going in to buy a drink and the black male came up behind him asked him for money and tried to take his wallet. Sirens were going by and the black male ran. Suspect did not get anything. Black male, 5'8", thin build, black hoodie, blue disposable mask. Fled down Furnace Brook Parkway. Report for attempted armed robbery while masked, alluded to gun but none shown.

SATURDAY, DEC. 19

VANDALISM/PROPERTY (rental vehicle), 10:33 p.m., 999 Southern Artery. Reporting party states she parked her blue Toyota (a rental) in another spot due to hers being taken and someone slashed the rear tire. Driver's side rear tire slashed. Reporting party renting car. Advised reg is cancelled and to speak with rental company before operating vehicle again. Reporting party does not believe there are cameras in the area. Incident closed. Advised, case number provided. Reporting party will call if building management

VANDALISM/PROPERTY (brother), 11:41 p.m., Edwards Street. Reporting party states brother with a mental illness destroyed the apartment. He is in the hospital waiting to be evaluated. He is on hold section 12. Spoke to reporting party, stated they are willing to report via phone. Reporting party does not live in this apartment. He destroyed his own belongings. Advised.

SUNDAY, DEC. 20

VANDALISM/PROPERTY (thru window), 10:43 a.m., East Squantum Street. Bathroom window was removed from frame by staircase in the back of house. Unit

was empty, last tenant moved out on Friday. Appears someone was inside. Reporting party will be out front waiting for officer. No sign of break, case number provided.

MONDAY, DEC. 21

LARCENY (wallet), 10:22 a.m., Arthur Street. Ser-

LARCENY (passport), 1:38 p.m., Sea Street. Case number given. Incident closed.

TUESDAY, DEC. 22

BREAKING AND ENTERING/PROGRESS (dwelling), 12:22 a.m., Fayette Street. Caller can see them on her RING doorbell. Said she thinks someone is in her house and then phone disconnected. Caller is the mother. Last spoke with her five minutes ago. Two males came into bedroom, female screamed, they ran out backdoor. Two men, late 20's early 30's, 6 feet, one is gray sweatshirt, other black jacket. Both in high bib construction type coveralls. Broke in and fled out rear just prior to arrival of police. K9 tracked to Brook and Fayette where scent was lost. Report submitted.

LARCENY (two bicycles), 4:13 p.m., Vane Street Parking Area, 19 Vane St. Reporting party would like phone call. Report submitted.

OBITUARIES

Timothy J. McKernan, 63

Timothy Joseph McKer-

nan, 63, of Weymouth and

formerly of Quincy, died

suddenly Dec. 17 at South

Shore Hospital in Wey-

Born in Boston on Dec.

9, 1957, he was raised in

Dorchester and was the

son of the late John P. and

Arlene V. (Sorensen) McK-

ernan. Mr. McKernan at-

tended local schools and

graduated from Dorchester

High School with the Class

handler for many years. Mr.

McKernan loved his job and

getting up to go to work ev-

ery day. He built many re-

lationships throughout the

years. In his spare time, he

enjoyed collecting coins,

listening to music and col-

lecting music memorabilia,

watching his favorite Bos-

ton sports teams and spend-

ing time with his family and

Mr. McKernan was a

kind person who was known

for always being helpful and

a wonderful neighbor. His

legacy continues through

his family and he will be

missed by all the lives he

He worked as a shipping

mouth.

of 1976.

friends.

Kim M. Villanueva, 62

Kim M. (Pickering) Villanueva, age 62, of Kingston, formerly of Quincy, died peacefully Dec. 14 at Brigham and Women's Hospital in Boston.

Daughter of Mary V. (Joyce) Pickering of Quincy and the late Ralph A. Pickering of Milton, Kim was born at the South Shore Hospital in Weymouth. One of five siblings, she was the loving sister of Donna Gulizia and her fiancé Steve of Lowell, Ralph Pickering and his wife Lisa of Hall, John Pickering and his wife Tracey of Quincy, and the late Mary V. Scott and her surviving husband Rick of Irvine, CA. She is also survived by many nieces, nephews and cousins.

Raised and educated in Quincy, Mrs. Villanueva was a graduate of Quincy High School, Class of 1976. She then received a Cum Laude Bachelor's degree in psychology and theological studies from Emmanuel College, Class of 1982.

She married her friend, Santiago Villanueva, and lived in Kingston for twenty-two years.

Mrs. Villanueva obtained a Series 7 license and worked for AMEX Financial. After some years, she managed and bartended in several restaurants in Boston and Miami, FL.



sachusetts, Mrs. Villanueva started a successful residential and commercial cleaning company. After several years, she sold the business and returned to her passion, the hospitality business; working as a professional bartender at Siro's in Marina Bay for the last ten years, where -until today- countless friends miss her.

In light of current events, memorial services will take place at a later date.

Memorial donations may be made to Saint John's Food Pantry, Attn: Bill Lawless, 21 Gay St., Quincy, MA 02169.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy.

You are invited to visit a memorial website to honor Mrs. Villanueva's life, kimmyvillanueva.com/.



TIMOTHY J. McKERNAN

He was the loving brother of Kathleen Anne Clarke and her husband Patrick of Milton, the late Linda Jane Bowe and her surviving husband Robert of Somerville and the late John Patrick McKernan and his surviving wife Catherine of New York. He is also survived by many loving nieces and nephews.

Mr. McKernan's funeral services and cremation will be held privately.

donations Memorial may be made to the American Heart Association, P.O. Box 417005, Boston, MA 02241-7005.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

John K. Doherty, 72

A funeral service for John K. "Jack" Doherty, age 72, of North Quincy, formerly of Dorchester, was held Dec. 24 in the John J. O'Connor and Son Funeral Home, Dorchester.

Mr. Doherty died Dec. 19 after a courageous battle with cancer.

He leaves behind the love of his life Maria D'Innocenzo. Son of the late Edward and Marion Doherty. Loving brother of Nancy and the late Dennis Kilduff of Milton, Edward and Sheila Doherty of Hingham, Paul and Ann Doherty of Dunedin, FL, Tricia and Jack McCarthy of Marshfield, Elizabeth O'Brien of Weymouth, Barbara and Steve Canavan of Weymouth, and Tom Doherty of Buzzards Bay. Also survived by many loving nieces, nephews, and friends.

After high school, Mr. Doherty enlisted in the



JOHN K. DOHERTY

Unites States Marine Corps and bravely served his country in Vietnam. Not only was Mr. Doherty a kind and gentle soul, but he was also generous to the extreme and willing to go above and beyond for anyone in need. He was a voracious reader and possessed an intellectual cu-

Interment with full military honors in Cedar Grove Cemetery, Boston.

More Obituaries On Page 35 and online at www.TheQuincySun.com



PLEASE RECYCLE THIS NEWSPAPER

Michael M. Creech, 35

Michael M. Creech, 35, of Rockland died suddenly Dec. 15.

Mr. Creech was born in Virginia Beach, Virginia to Robert W. Creech, Jr., and the late Mary (Rock) Creech. He spent his childhood years in Chocowinity, North Carolina and later moved to Massachusetts where he attended Hull High School.

He was employed for many years as a laborer and took pride working as a landscaper. Mr. Creech enjoyed a wide variety of music, outdoor activities at the beach, camping, and gardening, but most of all he loved spending time with his children. He will be fondly remembered for his infectious smile, quick wit, and sense of humor.

Beloved son of Bob Creech and his wife Kathleen of Hull, twin brother to Jacqueline Blair O'Connor



MICHAEL M. CREECH

and uncle to John O'Connor of North Carolina. Loving father to Elizabeth and Olivia Creech and husband (separated) to Mardi Gardner of Hull. He leaves behind a loving relationship with Leanne Hindy and their 2 children, Dylan and Autumn Creech of Weymouth. Michael is survived by many aunts, uncles, cousins, and

A memorial service will be made for a future date.

Funeral arrangements were made by Hamel-Lydon Chapel, 650 Hancock St., Quincy.

Allen F. Cameron, 81

A funeral Mass for Allen F. "Al" Cameron, 81, a lifelong resident of Quincy, was celebrated Tuesday in Divine Mercy Parish in Sacred Heart Church, Quincy.

Mr. Cameron died peacefully Dec. 19 at South Shore Hospital in Weymouth.

Born in Weymouth on Feb. 19, 1939, he was the son of the late Dougald and Mary (Levangie) Cameron. Mr. Cameron attended local schools and graduated from North Quincy High School with the Class of 1957. After high school, he enlisted in the United States Marines and proudly served his country. Following his honorable discharge, Mr. Cameron attended Bentley School of Accounting and went to work for One Beacon Insurance as an accountant. He retired after 44 years of service.

Mr. Cameron spent his spare time teaching CCD, volunteering at Sacred Heart Church and the Quincy Senior Center. He was a man of great faith and lived his life with the virtues of faith, hope and love. Family was the most important part of Mr. Cameron's life and he loved his children and grandchildren more than anything.

He was a proud papa, devoted to the people in his family and community, always social and a great story teller. His legacy and life lessons will continue through his family. Mr. Cameron will be missed by all the lives he touched.

He was the beloved hus-



ALLEN F. CAMERON

band of Kathleen (Lofgren) Cameron, with whom he shared 55 years of loving marriage. He was the devoted father of Karen Lee and her partner Michael Parmenter of Hanson, Christopher Cameron and his spouse Kim of Weymouth, Mary Ellen Logan and her partner John Engrassia of Quincy and Andrew Cameron and his spouse Lisa of Rockland. He was the loving papa of eight and the dear brother of Ellie Chapin and her spouse Joe of FL, Carol Contrino and her spouse Louis of Quincy, Irene Attardo and her spouse Tony of Quincy, Mary Mundie of Weymouth and the late Donald Cameron. He is also survived by many loving nieces, nephews, extended family and friends.

Interment at Blue Hill Cemetery, Braintree.

Memorial donations may be made to the Alzheimer's Association, Massachusetts Chapter, 309 Waverley Oaks Rd., Waltham, MA 02452.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

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> **460 GRANITE AVENUE MILTON, MA 02186** (617) 698-6264

Norman A. Rogers, 84

Norman A. Rogers of Hull, formerly of Quincy and Largo, FL, died peacefully Dec. 20 at South Shore Hospital in Weymouth. He

Born in Malden on January 3, 1936, he was the only son of the late Archer V. and Elizabeth F. (Small) Rogers.

Mr. Rogers lived a life of service. After graduating from Quincy High School in 1953, he enlisted in the United States Coast Guard. Over the course of his career he served aboard many vessels including light ships, weather patrols and the Yakutat during the Vietnam conflict. - His last commission was as CO of Point Allerton Coast Guard station in Hull (1970).

After retiring from active duty, Mr. Rogers adopted Hull as his home town and he easily transitioned into civilian life captaining passenger boats for Massachusetts Bay Lines and Bay State Cruises. He served as co-captain of the Hull to Boston daily commuter boat. Never one to back away from a challenge, Mr. Rogers piloted the ferry home to Hull during the Blizzard of '78

His service to his community also included 15 years on the Hull School Committee, membership in the Hull Lions Club, and nu-

Catherine E. "Kitty"

Wife of the late Cecil

(Gallagher) Cameron of

F. Cameron Jr. Cherished

mother of Brenda Coro-

nella and her husband Paul

of Hingham, John Cameron

and his wife Allie of Wey-

mouth, Diane Robbins and

her husband Brad of Ran-

dolph. Loving grandmother

of Michael Coronella and

his wife Emma, Terry Coro-

nella, Caroline and Johnny

Cameron, Kevin and Dinah

Wilson. Beloved sister of

Patsy Ward of Whitman and

the late Mary Lenahan, El-

len Hopkins and James Gal-

gardening, floral arranging

and visiting with family in

Ireland. What she enjoyed

most was spending time

with her children and grand-

children while they played

musical instruments and

Mrs. Cameron enjoyed

lagher.

Weymouth died Dec. 22.



NORMAN A. ROGERS

merous volunteer activities for the Hull Public Schools and community-at-large.

Predeceased by his wife (Anne Bentley Rogers), Norm leaves his sister, Nancy Rogers of Quincy and his children: Michael (Christine) of NH, Mark (Terry) of ME, Scott (Amanda) of VA, and Lisa of Hull. Norm was the proud grandfather of six granddaughters: Ariel, Megan, Margaret, Emily, Caitlin and Jenna.

May you have fair winds and following seas.

Mr. Rogers' funeral service will be celebrated privately. Following cremation, interment is private.

Arrangements made by the Pyne Keohane Funeral Home, 21 Emerald St., Hingham.

Memorial donations may be made to the Anne Rogers Scholarship fund (which will be amended to the Anne & Norman Rogers Scholarship) at Hingham Institute for Savings, 401 Nantasket Ave, Hull, MA 02045.

James A. Ryan II, 74

A funeral Mass for James A. Ryan II, age 74; of Houghs Neck will be celebrated Wednesday at 10 a.m. in Most Blessed Sacrament Church, Quincy.

Mr. Ryan died Dec. 19.

A lifelong Quincy resident, he was a Vietnam War veteran U.S. Army, and worked as a truck driver for JR Transportation in Tewksbury. An avid boater, Mr. Ryan was a lifetime member of the Quincy Yacht Club and a member of the American Legion Post 380.

The loving husband of the late Teresa M. (Suntheimer) Ryan, he was the beloved father of Donna Jordan, James Ryan III, and Tammy Blochowick, all of TN, and Keryn Gomez and Christopher Ryan, both of Quincy; dear brother of Lawrence Ryan of FL, Margaret Canevari of NC, William Ryan of FL and the late



JAMES A. RYAN II

Pricilla Edwards and Judy Markland; and is also survived by 14 grandchildren, 13 great-grandchildren and many nieces and nephews.

Visiting hours with Covid restrictions were 4 to 7 p.m. Tuesday in the Dennis Sweeney Funeral Home, 74 Elm St., Quincy. There will be a gathering at the funeral home at 9 a.m. Wednesday.

Military Honors will conclude the service.

Richard A. Carnali, 91

Richard A. Carnali, age 91, a lifelong Quincy resident, died peacefully, Dec. 21 at home, surrounded by his loving family.

Richard "Red" was born in Quincy, to the late Cataldo and Teresa (Coletta) Carnali. He was raised in Quincy and was a graduate of Quincy High School. He took pride in his city and well-known around

Mr. Carnali was a devoted husband to his wife of sixty-four years, Barbara A. (Chiavaroli) Carnali. He leaves his three children: Debbie A. Bradford and her husband Daniel of Hanover, Richard A. Carnali, Jr. and his wife Cyndi of Weymouth, and Donna M. Carnali and her husband Kirk Grow; nine grandchildren, nine great grandchildren, and several nieces and nephews. One of three siblings, he was predeceased by his brothers, Dante Carnali and Robert Carnali.

Mr. Carnali was proud to have served in the U.S. Marine Corps during the Korean war. After his service in the Marines, he worked at the former Fore River Shipyard for both General Dynamics and the Bethlehem Steel Company as a graduate apprentice pipefitter and then as a foreman. He took advantage of an opportunity to move on and was later employed by the City of Quincy's Highway Department as a working foreman welder. He retired in 1995 after 24 years of service.

Camaraderie and commitment were important to him and he was a member of the Cyril P. Morrisette American Legion Post #294 for the past sixtyeight years. Mr. Carnali was also a member of the Torre dei Passeri Social Club for many years where he had

many friends. He enjoyed life and being with his friends and family. He looked forward to playing golf in his men's league and was a fantastic



RICHARD A. CARNALI

cribbage player. He also enjoyed listening to and singing along to some of his favorite country music songs. He always had a smile and a laugh ready for his friends and family. He loved a good joke and always had an endless supply of puns that would get the grandkids to chuckle every time. Mr. Carnali adored his wife's cooking (as he should have) and mastered cooking his signature apple crumb pie that was a staple at family events. He loved watching college football and became a fan of each of the college teams that his grandchildren attended, wearing the school sweatshirt proudly on game days. He made it a tradition to supply his great grandchildren with a new \$2 bill each time he saw them. His greatest joy was his family and he will be deeply missed by them and his many friends.

Due to COVID-19 concerns, private graveside services, with military honors, were conducted at Mount Wollaston Cemetery, Quin-

Memorial donations may be made to St Jude's Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105 or Boys Town, P.O. Box 8000, Boys Town, NE 68010.

The Carnali family wishes to thank the nurses from Old Colony Hospice for their care and compassion during this time.

Arrangements by the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy

Robert J. Reynolds, Sr., 91

A funeral Mass for Robert J. "Bob" Reynolds, Sr., 91, of Quincy, formerly of Dorchester, will be celebrated Thursday at 10 a.m. in Holy Trinity Parish at Most Blessed Sacrament Church, Quincy.

Mr. Reynolds died Dec.

He is survived by his partner and the love of his life of 51 years Kathryn L. Sullivan of Quincy. Father of Robert J. Reynolds, Jr. of So. Carolina and Arthur Reynolds of Randolph. Step father of Patti Sullivan of Ouincy, Richard Sullivan of South Yarmouth, Linda Allen of Brookline, Owen Sullivan of CA, Mary Hovagimian of FL and the late Valerie Sullivan. Brother of Carol Allen of Quincy, Kathy Reynolds of VA and the late Richard J. Reynolds, Jr. and Phil Reynolds. He is also survived by many step grandchildren and many

A proud Korean War U.S. Army veteran followed by a 30+ year career at the Boston Globe where he retired in the '90s. Mr. Reynolds enjoyed bowling as a member of the Boston Globe Bowling League and the DCASR Bowling League. He loved the New

nieces and nephews.



CATHERINE CAMERON

sang; a tradition that took place on every family holiday or get together.

Due to current health considerations, funeral arrangements are private.

Memorial donations may be made to the National Shrine of St. Jude at shrineofstjude.org

Funeral arrangements were made by Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.



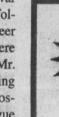
ROBERT J. REYNOLDS, SR.

England Patriots and Boston Red Sox.

Visiting hours are 3 to 7 p.m. Wednesday in Keohane Funeral Home, 785 Hancock St., Quincy. A celebration of life service will be held in the funeral home at 9:15 a.m. Thursday.

Private interment.

Memorial donations may be made to John Adams Health Care, 211 Franklin St., Quincy, MA 02169.







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Lawmakers Approve Police Reform Bill

Cont'd From Page 27

departments and municipal governments would be able to refer officers to the POST Commission for investiga-

LEGAL NOTICE

CITATION GIVING NOTICE OF PETITION FOR **APPOINTMENT OF GUARDIAN FOR INCAPACITATED PERSON PURSUANT TO**

G.L. c. 190B, §5-304 Docket No. NO20P2166GD

Commonwealth of Massachusetts **The Trial Court** Probate and **Family Court** Norfolk Probate and Family Court 35 Shawmut Road Canton, MA 02021 In the matter of: Charles A. St. Pierre Of: Quincy, MA

RESPONDENT Alleged Incapacitated Person

To the named Respondent and all other interested persons, a petition has been filed by Carney Hospital of Dorchester, MA in the above captioned matter alleging that Charles A. St. Pierre is in need of a Guardian and requesting that Randy Brinson, Jr. of Hyde Park, MA (or some other suitable person) be appointed as Guardian to serve Without Surety on the bond.

The petition asks the court to determine that the Respondent is incapacitated, that the appointment of a Guardian is necessary, and that the proposed Guardian is appropriate. The petition is on file with this court and may contain a request for certain specific authority.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of 02/17/2021. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

IMPORTANT NOTICE

The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: December 8, 2020 PATRICK W. McDERMOTT 12/30/20

tion. The commission would also be able to initiate investigations on its own.

Officers subject to such an investigation can opt to have it done at the departmental level instead, Keenan said.

"A police officer has the ability to basically have it returned to the local level to have it go through a grievance and arbitration process," he said.

"There is a period of time within which that must occur. If it doesn't occur, it goes up to the state board, or if it does occur within that period of time, the state board could still review it, but they would do so in the context of it having been resolved through the grievance and arbitration. That doesn't say they couldn't decide differently, but they enforcement training. Baker would certainly look at the record that had been established at the local level."

Officers would be able to appeal the commission's findings through an administrative appeals process, Keenan added.

He noted the bill will also, "standardize the hiring process, standardize the initial training process and standardize the in-service training." Keenan said many cities and towns already follow the Civil Service process for hiring new officers, but not all communities in the state do so.

The initial bill passed by the House and Senate would have given the POST Commission oversight of the board that is responsible for overseeing municipal law

had rejected that proposal and wanted the training board kept under the Executive Office of Public Safety. The final version of the bill keeps it within the executive branch.

"There was a municipal police training committee that historically was under the Executive Office of Public Safety that was responsible for developing training standards, procedures and policies. The version of the bill that was passed by the Senate and the House moved that committee in essence underneath the POST committee, so that committee answered to the POST committee," Keenan said

"The governor wanted to keep it over in EOPS and have the executive branch

Case ZBA 20-79

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING

12, 2021 @ 5:30 P.M. to consider the application of TANIN

HASOMERIS for a SPECIAL PERMIT to conduct a home

based candle production business in violation of Title 17 as

amended, Chapter 3.3.1.2 (home occupation) on the prem-

cess using Zoom Video Communication. Zoom is a third-par-

ty communication technology that is readily accessible to the

public, but not administered by the City of Quincy. The Zoom

Video Link is below. For those without access to Zoom, di-

Time: Jan. 12, 2021 05:30 PM Eastern Time (US and

https://zoom.us/j/95775202985?pwd=SXpaUXI0M1Bjc3

The meeting will be conducted using Remote Meeting Ac-

ises numbered 11 SHORESIDE ROAD, QUINCY.

rections for access via telephone are also below.

Topic: Zoning Board of Appeals

Meeting ID: 957 7520 2985

Meeting ID: 957 7520 2985

+1 646 558 8656 US (New York)

Join Zoom Meeting

ZibmhiYXphRXZsZz09

Passcode: Quincy

Dial by your location

Passcode: 814014

The ZBA will hold a public hearing on Tuesday, January

civilian POST board. The Senate last night agreed and kept that committee, as the governor wished, under EOPS."

Lawmakers and the governor also reached an agreement on the use of facialrecognition technology.

"The Senate and House version had essentially banned facial recognition except in cases where there was a warrant in order to access facial recognition software in the Registry of Motor Vehicles. And the Senate and the House version set up a commission to study the use of facial recognition," Keenan said.

"The governor thought that went too far so the compromise was that law

oversee that rather than the enforcement, when there is imminent harm or an imminent need, can have more ready access through the Registry to their facial recognition software and there still would be the committee that would review the use of facial recognition."

The initial bill also included several definitions concerning the use of force. Keenan said lawmakers and the governor agreed to let the POST Commission and the municipal training board develop those definitions to-

Good Housekeeping

Honey Mustard-Glazed Chicken Bake

Make the entire family happy (and stuffed!) with this simple chicken and potatoes sheet pan dinner.

1 pound parsnips, sliced on an angle

1 pound Yukon Gold potatoes, scrubbed and quartered

1/2 pound carrots, quartered lengthwise, then cut into 2-inch pieces

1 medium red onion, cut into 8 wedges 2 tablespoon olive oil

Salt and pepper 5 sprigs fresh thyme 4 small chicken thighs (about 1 1/2 pound)

4 small chicken drumsticks (about 1 pound)

3 tablespoon Dijon mustard

2 tablespoon wholegrain mustard 2 tablespoon honey

tablespoon brown

1. Preheat oven to 425 F. In large roasting pan, toss parsnips, potatoes, carrots, onion, oil, thyme and 1/2 teaspoon salt. Roast 15 minutes.

2. Place chicken parts in single layer over vegetables. Sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper. Roast 15 minutes.

3. In medium bowl, whisk Dijon mustard, whole-grain mustard, honey and brown sugar. Drizzle all over chicken and vegetables. Roast 25 minutes or until chicken is cooked (165 F) and vegetables are tender. Serve chicken with vegetables.

Make-ahead tip: Vegetables can be prepared for roasting up to 1 day before, covered and refrigerated. (Place cut potatoes in bowl. Fill with enough cold water to cover plus the juice of 1/2 lemon to prevent browning. Drain and pat dry before roasting.) Glaze can be made up to 1 day ahead.

* Each serving: About 760 calories, 38g fat (9g saturated), 42g protein, 995mg sodium, 60g carb, 8g fiber.

For thousands of tripletested recipes, visit our website at www.goodhousekeeping.com/food-recipes/.

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NOTICE OF PUBLIC HEARING

Case ZBA 20-74

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, January 12, 2021 @ 5:30 P.M. to consider the application of MI-CHAEL AHERN for a VARIANCE/FINDING to rebuild the home that was destroyed in the 2015 storm in violation of Title 17 as amended, Chapter 4.1.2.5 (number of stories) and Chapter 3.4.5.1.A (nonconforming extension) on the premises numbered 84 POST ISLAND ROAD, QUINCY.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Jan. 12, 2021 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting https://zoom.us/j/95775202985?pwd=SXpaUXI0M1Bjc3 ZibmhiYXphRXZsZz09

Meeting ID: 957 7520 2985 Passcode: Quincy Dial by your location

+1 646 558 8656 US (New York) Meeting ID: 957 7520 2985

Passcode: 814014 Find your local number: https://zoom.us/u/ajRsavODI

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System https://guincyma. viewpointcloud.com/ and entering the property address. Call 617-376-1933 for further assistance. 12/23/20, 12/30/20

NOTICE OF PUBLIC HEARING

Case ZBA 20-78

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, January 12, 2021 @ 5:30 P.M. to consider the application of PENG Y. WU for a FINDING to enclose the front porch in violation of Title 17 as amended, Chapter 3.4.5.B (extension of living space) on the premises numbered 83 ARDELL STREET, QUINCY.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals Time: Jan. 12, 2021 05:30 PM Eastern Time (US and

Join Zoom Meeting https://zoom.us/j/95775202985?pwd=SXpaUXI0M1Bjc3 ZibmhiYXphRXZsZz09

Passcode: Quincy Dial by your location +1 646 558 8656 US (New York) Meeting ID: 957 7520 2985 Passcode: 814014

Meeting ID: 957 7520 2985

Find your local number: https://zoom.us/u/ajRsavODI Plans and specifications can be reviewed online by logging on to the City's ViewPermit System https://guincyma. viewpointcloud.com/ and entering the property address. Call 617-376-1933 for further assistance. 12/23/20, 12/30/20

617-376-1933 for further assistance. 12/23/20, 12/30/20 NOTICE OF PUBLIC HEARING

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ging on to the City's ViewPermit System https://guincvma.

viewpointcloud.com/ and entering the property address. Call

Plans and specifications can be reviewed online by log-

Case ZBA 20-83

Canada)

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, January 12, 2021 @ 5:30 P.M. to consider the application of JOHN & DENISE DOW for a VARIANCE to convert the attic space into living space and extend the house out 8 feet to the rear in violation of Title 17 as amended, Chapter 4.1 (dimensional requirements) on the premises numbered 39 MEADOW STREET, QUINCY.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Jan. 12, 2021 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting https://zoom.us/j/95775202985?pwd=SXpaUXI0M1Bjc3 ZibmhiYXphRXZsZz09 Meeting ID: 957 7520 2985

Passcode: Quincy Dial by your location +1 646 558 8656 US (New York) Meeting ID: 957 7520 2985 Passcode: 814014

Find your local number: https://zoom.us/u/ajRsavODI Plans and specifications can be reviewed online by logging on to the City's ViewPermit System https://guincyma. viewpointcloud.com/ and entering the property address. Call 617-376-1933 for further assistance. 12/23/20, 12/30/20

Social Security Matters

Ask Rusty: I'm 66. When Should I Claim **Social Security?**

By RUSSELL GLOOR **AMAC Certified Social Security Advisor Association Of Mature American Citizens**

Dear Rusty: I'd like to get advice on when I should begin taking my Social Security benefit. I turned 66 in October of 2020. Signed: Pondering Retirement

Dear Pondering: Deciding when to claim your Social Security benefit is a personal choice which should consider several factors, most importantly:

- Your need for the money at this time
- Your current health and expected longevity
- Your marital status

Since you have already reached your full retirement age (FRA) for Social Security purposes, you are no longer subject to the "earnings test" which limits how much you can earn. So, working won't affect your monthly SS benefit amount in any way. But it could influence your decision on when to claim, because if working enables you to delay claiming Social Security until after your FRA, your benefit amount when you eventually claim will be higher.

In October 2020 you started earning Delayed Retirement Credits (DRCs) at the rate of .67% for each full month you delay past your FRA. That means that for each full year you delay claiming, your benefit will be 8% more. You can earn DRCs until you are 70, at which point your Social Security benefit would reach maximum and be 32% more than it would be at your FRA. But delaying only makes sense if you don't urgently need the money now, and if you expect to enjoy at least average longevity (which is about 84 for a man your age today). If you delay until age 70 to claim, your "breakeven age" (the age at which you will have collected the same amount of SS money as if you claim now) will be about 83. And if you live longer than that, you'll continue to enjoy that higher SS benefit for the rest of your life, and you'll collect more in cumulative lifetime benefits.

A higher benefit at an older age can be quite beneficial to offset inflation and is especially helpful if you're married and your wife outlives you. If you are married and you predecease your wife, she will get 100% of the benefit you are receiving at your death, if that is more than her own benefit from her own lifetime work record and if she has reached her own FRA when she claims her widow's benefit. So, for example, if you claim now at your FRA, your widow later will get your FRA amount when you pass. But if you delay past your FRA to claim, when you pass your widow will get the higher benefit amount you are receiving because you delayed claiming. In other words, when you claim your Social Security benefits can, if you are married, affect the benefit your widow will get if you die first.

So, the bottom line is this: In deciding when to claim your Social Security you should consider your current financial needs, your health and expected longevity, and your marital status. Carefully evaluating the above factors will help you to decide the best age at which to claim your Social

Security benefits.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

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REQUEST FOR QUALIFICATIONS

Request for Qualifications (RFQ)

OPEN COMPETITION FOR SCULPTURE(S) AND DESIGN WORK FOR PINE HILL CEMETERY PROJECT Quincy, Massachusetts

Deadline Due: Thursday, January 14, 2021 at 2:15 p.m.

In accordance with M.G.L. Chapter 30B and all other relevant procurement laws and guidelines, The City of Quincy acting on behalf of the Department of Natural Resources, is soliciting qualifications for the design, fabrication, and installation of a monumental sculpture(s) to enhance the landscape at the Pine Hill Cemetery. The goal is to capture the significance of the property and improve the aesthetic landscape with appropriate monument(s) and other designed enhancements. The project is being completed in conjunction with the expansion and renovation of the Pine Hill Cemetery. The selected artist will work with the City to complete the 100% designs, construction and installation of the sculpture(s)

Request for Qualifications submittals will be received at the office of the Purchasing Department; City Hall, 1305 Hancock Street; Quincy, MA 02169, until Thursday, January 14, 2021 @ 2:15 pm. Late responses will be rejected.

Copies of the Request for Qualifications will be available on: Wednesday, Dec. 23, 2020 and may be obtained at: http://www.quincyma.gov/Government/PPD/PurchasingBidPage.cfm.

All questions regarding this bid should be directed to Kathryn R. Logan, Purchasing Agent email: purchasing@quincyma. gov Questions will be accepted until January 8th, 2021 at 12:00 p.m.

The City of Quincy reserves the sole right to amend this RFQ by formal Addendum.

The City of Quincy shall determine the selected artist/artists through a standard panel-based artist selection process. The City of Quincy reserves the right to withdraw the Request for Qualifications; to reject any and all submittals; and to accept any submittals deemed to be in the best interest of the City of Quincy.

Bids shall be in accordance with any and all M.G.L. Chapter 30B, Chapter 149 as amended, and Chapter 30, Sections 39A, 39B and 39F-R, if applicable. All Federal, State and City of Quincy regulations in relation to Equal Employment Opportunity, OSHA, Employment of Quincy Residents and subject to the minimum wage rates set under the Massachusetts Prevailing Wage Law Chapter 149, §26. The City reserves the right to waive any informality in or to reject any or all bids when such an action is deemed in the best interests of the City.

The City of Quincy reserves the sole right to amend this RFQ by formal Addendum.

12/30/20

REQUEST FOR PROPOSALS

REQUEST FOR PROPOSALS

CITY OF QUINCY, MASSACHUSETTS PURCHASING DEPARTMENT 1305 HANCOCK STREET, QUINCY, MA 02169

In accordance with M.G.L. Chapter 30B, the City of Quincy requests proposals for furnishing and delivering to the City:

IT DEPARTMENT

WEBSITE DESIGN & DEVELOPMENT

January 14, 2021 @ 2:00 P.M.

The City of Quincy seeks qualified developer/designers to provide internet web site design, development, implementation services, and content management systems with access to remote locations. This web design shall be the primary scope of the contract. In addition, the city reserves the option to request additional services for internet development after the completion of the primary web design work.

Detailed specifications are available on-line at the City of Quincy's website, www.quincyma.gov and also available at the office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours

All questions regarding this bid should be directed to Kathryn R. Logan, Purchasing Agent through email to: purchasing@ quincyma.gov Questions will be accepted until January 8, 2021 @ 12:00 p.m.

Non-Price Proposals must be submitted in a sealed envelope and Price Proposals must be submitted in a separate sealed envelope. The outside of the sealed envelopes are to be clearly marked "RFP -NON-PRICE PROPOSAL EN-

CLOSED" with time/date of RFP and "RFP - PRICE PROPOSAL ENCLOSED" with time/date of RFP opening. Proposals will be received at the office of the Purchasing Agent until the time and date stated above, at which time and

date they will be opened and registered. Late proposals, delivered by mail or in person, will be rejected. The right is reserved to reject any or all RFP's or to accept any part of an RFP or the one deemed best for the City, and waive any informalities in the bidding, if it is in the best interest of the City to do so.

Thomas P. Koch, MAYOR Kathryn R. Logan, Purchasing Agent

INVITATION TO BID

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS **PURCHASING DEPARTMENT** HANCOCK ST., QUINCY, MA 02169

The City of Quincy invites sealed bids/proposals for:

"BID FOR MAINTENANCE AND REPAIR OF TRAFFIC CONTROL SIGNALS"

DPW-TRAFFIC DIVISION

JANUARY 14, 2021 @ 2:30P.M

The City of Quincy, acting through its Purchasing Department, hereby solicits bids for maintenance and repairs of the City's Traffic Control Signals on various streets and at various intersection locations throughout the City of Quincy as determined necessary and as directed by the Director of Traffic Division

Detailed specifications are available on-line at the City of Quincy's website, www.quincyma.gov and also available at the office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM.

All questions regarding this bid should be directed to Kathryn R. Logan, Purchasing Agent through email to: purchasing@ quincyma.gov Questions will be accepted until January 8, 2021 @ 12:00 p.m.

Bids/Proposals must be in a sealed envelope. The outside of the sealed envelope is to be clearly marked "BID EN-CLOSED" with time/date of bid call.

The successful bidder will be required to conform to the payment of Prevailing Wage Rates, as determined by the Commissioner of Labor & Industries under the provision of M.G.L. Chapter 149, Section 26 to 27D as amended. All bids must be accompanied by a returnable bid deposit in an amount that is five percent (5%) of the value of the bid.

Bids/Proposals will be received at the office of the Purchasing Agent until the time and date stated above, at which time and date they will be publicly opened and read. Late Bids/Proposals, delivered by mail or in person, will be rejected.

If applicable, bids shall be in accordance with M.G.L. Chapter 30B, Chapter 149 as amended, and Chapter 30, Sections 39A, 39B and 39F-R.

The right is reserved to reject any or all bids or to accept any part of a bid or the one deemed best for the City and waive any informality in the bidding if it is in the best interest of the City to do so.

Thomas P. Koch, MAYOR Kathryn R. Logan, PURCHASING AGENT Chris Cassani, DIRECTOR OF TPAL

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SERVICES

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PERSONAL

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617-328-1661

American Heart Association

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REPORT **POTHOLES**

Potholes are a year-round problem and should be reported to the Department of Public Works.

617-376-1914

Want to pick up a copy of The Quincy Sun? Here are stores in Quincy that sell it on their newsstands:

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New Store ON THE BLOCK 1183 Hancock St., Quincy Ctr. T Station

> HANCOCK MARKET 1500 Hancock St.

MIGNOSA'S FRUIT BASKET 138 Granite St.

STAR MARKET 130 Granite St..

WALGREENS 132 Granite St.

FRANKLIN ST. BP 60 Franklin St.

> 7-11 78 Franklin St.

SHOP N SAVE Liquors

20 Independence Ave. DONUT + DONUTS

+ MUFFINS 33 Scammell St.

PRESIDENTIAL LIQUORS 25 Scammell St.

ADAMS VARIETY 22 Independence Ave.

> DAILY MART 291 Quincy Ave.

ROCHE BROTHERS The Falls

WALGREENS 418 Quincy Ave.

WALGREENS 550 Adams St.

ARTERY GROCERY 1000 Southern Artery

> 7-11 495 Washington St.

DAIRY FARM 330 Washington St.

7-11 230 Washington St.

STOP & SHOP Southern Artery

CVS Southern Artery

7-11 650 Adams St.

7-11 678 Adams St.

VILLAGE COMM. **MARKET** 100 Willard St.

COPELAND LIQUORS 273 Copeland St.

GRANITE MART

308 Willard St.

7-11 Copeland St.

JOE'S PLACE 260 Centre St.

CORNER FOOD MARKET 1060 Hancock St.

200 FOOD MART 200 Sea St.

ADAMS SHORE -SUPERMARKET 494 Sea St.

PALMER STREET MARKET 231 Palmer St.

BERNIE'S GENERAL STORE 1147 Sea St.

7-11 721 Hancock St.

BEALE ST. **NEWS AND TOBACCO** 17 Beale St.

> CVS 42 Beale St.

COFFEE BREAK CAFÉ 12 Old Colony Ave.

SUPREME LIQUORS 615 Hancock St.

MULLANEY'S VARIETY 205 W. Squantum St.

STOP & SHOP 65 Newport Ave.

7-11

363 Hancock St. WALGREENS

324 Hancock St.

SAM'S VARIETY 125 Billings Rd.

LUCKY'S WINE & LIQUOR 66 Newbury Ave.

ATLANTIC MARKET & LIQUORS 247 Atlantic Ave.

CARMINE'S CAFÉ 69 Huckins Ave.

7-11 751 E. Squantum St.

LUCKY SHAMROCK 265 Beale St.

EVEREST MARKET 121 Standish Ave.

5 CORNER FOOD MART 163 Newbury Ave.

> WEST ELM VARIETY 139 W. Elm Ave.

The Quincy Sun

MAIL TO: THE QUINCY SUN, 1372 HANCOCK STREET, **QUINCY, MA 02169** PAYABLE IN ADVANCE. Payment must accompany order.

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NO REFUND WILL BE MADE AT THIS CONTRACT RATE IN THE EVENT OF CANCELLATION. **DEADLINE: FRIDAY** AT 4PM. PLEASE **INCLUDE YOUR** PHONE NUMBER IN AD.

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11 WEEKS OR MORE \$7.00 per insertion, up to 20 words, for 11 or more insertions of the same ad 10¢ for each additional

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same ad 10¢ for each additional

☐ Enclosed is \$ for the following ad weeks in to run

The Quincy Sun.

200 Volunteers Assist With Wreaths Across America Day Here

Cont'd From Page 21

The balsam wreaths – all donated by private individuals and organizations – are placed as a gesture of gratitude for each veteran's service and continues on a centuries-old tradition of using fresh evergreens as a living tribute. The name of each veteran is said aloud as the wreath is being placed.

"The 2020 theme for Wreaths Across America has been 'Be an American worth fighting for,' and this

year I have been blessed to see my fair share," said Karen Worcester, executive director of Wreaths Across America, in a statement.

"The determination of the American people and their commitment to the mission to remember, honor, teach, made it possible for us to move forward this year, safely. We are humbled, and forever grateful for the outpouring of support from all across the country."



NICOLE CALDWELL places a wreath on a veteran's snow-covered grave. Quincy Sun photos/Tom Gorman



A GROUP HEADS out to decorate veterans' graves at Mount Wollaston Cemetery.



QUINCY VETERANS SERVICES Director George Nicholson decorates a veteran's grave with a wreath.



KENDRA DeYOUNG looks for veterans' graves to decorate during Wreaths Across America at Mount Wollaston Cemetery Dec. 19.



BOB NOBLE, JR. and his daughter, Kathryn Noble, stand at the graves of his father-in-law, Louis Cerilli, right, and his friend, John Behm, both veterans, that they decorated.



DECORATING VETERANS' GRAVES at Mount Wollaston Cemetery as part of Wreaths **Across America Day Dec. 19 are from left, Jon Sidoti, Tom Pecoraro, and Greg Speicher.**



KIP CALDWELL of Quincy places a wreath on a veterans' snow-covered grave.

DEC

30

2020

2021 Mullent

Wishing you Peace, Joy and a Healthy and Prosperous

New Year!

Mayor Tom & Christine Koch